•

DYETS DRY

Confishing of eight seuerall

Courses:

1. Fruites
2. Hearbes. 5. Whitmeats.
3. Flesh. 7. Sauce.
4. Fish. 8. Tabacco.

All ferued in after the order of Time

By Henry Buttes, Maister of Artes, and Fellowe of C. C. C. in C.

Qui miscuit ville Dulci.

Cicero. Non nobis folùm nati sumus, sed Ortus nostri sibi vendicant

Printed in London by Tho, Creede, for Wil-Eam Wood, and are to be fold at the West end of Powles, at the signe of Tyme. 1599.



C. 31. L. 8.





Partem Parentes

TO THE RIGHT Worshipfull and vertuous Lady, the Lady Anne Bacon, fole heire to the Worship. Edward Buttes Esquire, her Father, as also to her Uncles, the right worthis Syr William Buttes Knight, and Thomas Buttes E. squire, deceased.

The Name of this Booke.



Painter (Right worshipfull)tain woulde make a speech to great Alexander, and (for that being a meane man, and

ynknowne to the King, small notice and lesse respect would bee had of him)

The Epistle

him) he procured Alexanders owne cloake or princely robe, and therein presented himselse before the King. The same deuise my selfe am forced to put in practile, for being vnworthie, or at least not knowne worthie to be knowne vnto your Ladiship, I do partly cloake me with the large Mantle of common Homage:partly cloath me with the proper coate of my Ancestors: who as they were a litle nearer then my self vnto your blood, so were they much nearer to your thoughts, and better knowne vnto you. Thus having put on my cloake with the Painter, I begin my speech.

Madame, as the admired perfection of all excellent indowments, wherewith God hath inriched you, necessarily plucketh from the hearts of all that know you, due reuerence; so the natural league of mutual loue and frieudship betweene your and my

Dedicatoria.

my Ancestors, (while they all lived togieher in Norffolke) more neerly vigeth mee particularly to deuote my selse vnto you. And yet not only your Ladiships proper name (now cancelled and concealed in you, by participation of another) is thus powerfull to commaund my thoughts; but infinit cause (me thinkes) I haue, highly to respect and honour you, even in, & by that name, which (but for my fathers progeny stil continuing in Norffolk) had put our name to silence. Yea, who most gladly honoureth not the glorious name of that thrife worthie and renowmed wight of famous memory, Syr Nicholas Bacon, Lord Keeper of the great seale of England, while he liwed: whose magnificent bountie to our Vniueisitie, and especially to Corpus Christi Colledge (whereof himself sometime was, as I am now) hath purchased him a perpetuitie of glory,

The Epifele

glory, to be celebrated for evera principall Benefactor. The chiefe Offpring from this to excellent a roote (into whom the whole accomplishment of all that worth is transfuled and deriued) is your Ladiships rightly right Worshipfull Knight, of the same name, now living. Who is wel knowne to be the undoubted heire, not only of his fathers wealth, but of his vertues and glory also. All these premised words (excellent Lady) inferre thus much: I most willingly acknowledge, either of you both may suffly claime interest in the Fee-sumple (or rather simple fee) of my best indevours, studies and praiers, for the preservation of your health, and continuance of your life. The which least I should seeme only idlely to wish, I have not onely bene Votary to Aesculapius, Phisickes great Grand-father, but Sermant also to Dyer, healths kindest Nourse.

Dedicatorie.

Nourse. To whose frugall Table, I inuite your Ladiship.

But afore you come, I think it my best course to tell you what kind a feast you shall finde. In three words I describe it thus: Dyets dry Dinner. That is, varietie of Fare: prouided, prepared and ordered, at Dyess own prescription: whose servant and Attendant at this feast I professe my felfe. Thus far (perhaps) not dilliked of any. A Dry Dinner, not only Camnum Prandism, without Wine, but Accipitrumen, without all drinke except Tabacco, (which a fois but Dry Drinke): herein not like to be liked of many. What ere it be (as he faith in the Comedie) Habeas ut Nacta, take it as you finde it, and welcome. More then which I cannot perform. And therefore most humbly I kille your hand.

Your Ladsships most denoted.

Henry Buttes.



Partem Amici

TOMY WORSHIPfull and especiall friends,
Richard Thekeston Esquire, and Elynor
bis Wife.

The cotall Mehod.



T is a digmitic in assine Nature, (Right worshipfull) that Agens agit, vt assimulet sibi Paties: that is, to make the passine like-

mise active. It were an easie (though a tedious) taske, to note in enery one of Natures actions, Re-action. But that great The Epifile

great labour may be greatly lessened by arguing A Minoie: by instance of the lesse assine Eliments. For who seethnot (but he that doth not see) that he seeth his own face in the water, no otherwise, then by reference of the offered shape or species of his object countenance? Nay the most (if not meerely) passine Earth returneth notwithstanding, even to the middle ayre, those splendent beames which formerly the Sunne conferred on st. If the sencelesse and lifelesse Elsments can thus reall st, then reasonable man, kath much more reason to be conformable unto those that worke his good We to whom your Worships exhibite your bountie, are these same waters on which the wife Salomon biddetb you cast your bread; in whom you see your faces, the shape and Image of your seines: for we are also men as yee be. Then (according to your worships wonted affabilitie) graciously embrace that conformable realisch, which your owne most bounteous fauours have pegotten

Dedicatorie.

inme. I have bene paffing desirons some way to intimate unto your worships, that I am not senseles or vinmindfull, though unworthy of your kindnesses, And therforefinding my selfe unable to requite your greater fanours. Quadquimus quando quod volumus, non, In lien of that great good cheare I have often. bad with you, both at London and in Yorke-thire, I do semblably insite you both to a Schollers Dinner. But where, or whither, I may not (for I cannot) tell you. Your Worship Sir, well remembreth that solemne inuitation at Cambridge, in Vesperijs Comitiorum; and therefore will easily let passe this fallacian without Elench or revrehension. Neither can I hope for, at either of your hands, any unocutle or discourteous censure. It is an other kind of quest, an unkinde quest, unbiaden, and as bold as welcome, whom my minde presageth, some Gentleman, Sewer to some certaine Gentlewoman Semfler, who more nice then mife, picketh a quarell with the order, or disorder rather (as

The Epifle

he weeneth) of my Dinner; stoutly auerring him that scrued in the courses,

to be both ignorant of fashions, and void of all good customes. What? (quoth he) Frutte in the first course? Then Flesh,

Fish, White-meates, and at last come in salt and spoones, space and sauce, when

all the meate is eaten? Nay more? Tabacco after all, upon a full stomack. Fie,

fie: Dyets Dinnet? a most grosse absurd, and preposterous banques. Way it please your Worships, this challenge

must of sorce be answered. Therefore in Thering these my services, I prosesse my selfe a verie prenaricatour of this Ages fastion: and do follow the order

of vrsuersalitime, by consequence and Inceffion.

Fruites

Thus much all we know, our grand percents at first led on the fruites of Eder and some merrily say, Adam rob-

bee Cods Orch-yard. Hearbes.

e. I ter their exilement, they fell to France and Rootes, and (as seculer from mune (eib) we lined a long time

till

Dedicatorie

till age taught Tillage.

But all either could not or would not Fieth.

le husbandmen, therefore some went forth on huting some at home kept sheep

and cattle: To came we to finde lanour in Flesh Which (probably) we did long Fish.

afore we tasted Fish, since of the two, Flesh is more obvious & easie to be had.

As also Fish by good reason preneted white-meates for the simple is afore the

Compound, and the Naturall afore the White-Artificiall.

Therefore after Fish follow Whitemeates, requiring the helps of art, and

Neither did our infinit appetue bere consist contented with things necessary. but something yet was wanting to adde voluptuous delight. Wherefore wanton appetite growing weary of Natures

bare and simple Ordinary . gan clycu-

bumane invention in tract of time.

rously to banquet with all sorts of Spices and Aromatique delicates. But eating Honny with a Ladle, it

was some cloyed with the excesse of sweetnesse: so that tart Conduments & sauces, seemed requisite to provoke and remoke touthing and lost appetite.

(the Hornes) with Mast or Acornes,

The Epissle Dedicatorie.

Tabacco.

Thus proceded wee by degrees, from simplicative and necessitie, to varietie and plentie, ending in tuxury and superfluitie. So that at last our bodies by surfceding, being overflowne and drowned (at it were) in a surplurisse or deluge of a superstuous rawe humour, (commonly called Kheume) we were to be anheled (like newe dampish Ouens, or olde dwelling houses that have stood long desolate). Mence is it that we perfume and aire our bodies with Tabacco smooke (by drying) preserving them from putrisaction.

May your Worships be fully satisfied with this reason of my extraordinary Dry Dinner (to whom both it and my self are purposely denoted) the first dish of it (I meane a Figge) for the rest.

Until I have in readincs some other matter more worthie your countenance and Patronage, I most humbly take my leave.

Your Worships Scholler,

H. Battes.



Partem Patria.

To my Country-men Readers.

The partiall Method:



Elcome courted ous Countreymen. I meane especially Norfolkme. For they are true Catholiques in matter of Dyet: no

Reculants of anything that is mans meate. I bid all in general, excepting only such as are affrayed of roasted Pigge, a breast or legge of Mutton, a Ducke &c. To conclude, I forbid no man, but him onely that

TheEpistle

hath maried a wife & cannot come. No man shall loose his labour. Here are Lettuses for enery mans lips. For the Northeren-man, White-meates, Beefe, Mutten, Venison: for the Sontherne man, Fruites, Hearbes, Fomle, Fish, Spice, and Sauce. As for the Middle fex or Londoner, I smell his Diet. Vescitur aura atheria. Here is a Pipe of right Trinidado for him. The Yorkers they will be content with bald Tabacodocko. What should Isay? here is good Veale for the Ef-Jex man: passing Leekes and excellent Cheese for the Welsh-man. Denique quid non? Mary, here are neither Eq. pies for the Lancashire man, nor Wag-tayles for the Kentish-man. But that is all one here is other good cheere enough. And what is wanting in meate, shall bee supplyed in kinde welcome and officious attendance.

Least any thing should be amisse, or missing to thee, I have my selfe (for

Dedicatorie.

(for fault of a better) taken vpon me all such Offices as any way concerne this Dinner.

First, I am Cator: and have prouided the very choise of such daynties as Natures Market affoordeth.

Secondly, I am Taster: commending each dish to thy Palate, according to his right vse and vertue. And (since nothing is so perfectly good, as it partaketh no euill property) I Hure have put into a by-dish (like Egshelles in an Saucer) what worthily may breed offence. Herein imitating a merry Greeke, who espying an haire in a dish of Butter, called for another dish and dished it by it self.

Thirdly, I play the Cooke: so preparing, seasoning, and saucing the harmefull disposition of euery meat, as it shall be either in whole abolished, or in part qualified.

Lastly, lassume the Carners Office: and having noted the nature and operation of each particular dis-

A 2 pense

The Epistle Dedicatory. Degree. penle to every of my Guests accor-

Scalon.

Agc.

ding to the Scalon, his Age, and

Constitution. Constitution Thus very rudely, I obtrude vnto thee not a banquer, but a byt rather of each dish Scholler-likely, that is, badly carued. For Schollers are bad Caruers. Do thou, by thy kindly feeding on Dyets dry Dmner, but cause thy selfe to thirst for Dyets Drinking: and I shall with like alacrity act thy Cup-bearer. Wherefore untill thou beest Dry drunke, Fare-well.

Thy Countryman,

H. Buttes.



The Authors Method comprise in Verse, by Samuel VV allfall.

Ome welcome Guest: s' deigne not, whatener Wi Thou be, this sbot-free entertainement: This Boord with Fruit, Hearbs, Flesh, Fish, White spice, Sauce, Tabacco, and faire furniment. ruit, suites thy Fish: Hearn's relish Flosh aright Suce sharpens both : Spice sweetens White-mean

Fruit, Herbs, Flesh, Fish, Whit-meats, Spice, Concoct are by Tabaccos cordiall. First is here Friut (th' Authors sirst fruits) dispred

Our Grand-sire Adambase earthes baser stome, In Paradice earths head'n enthronized, Slakd bungers rage on Fruit-full Orchardsprime. But soone as Man fro Man degendered,

Tainted with blemishment of Ugly crime: Aimsobise this a veng-full doome areeds, That beastly Manshall beastlike graze on Weedi Whole nicer appetite being olut of yore

Wub nigard earths to bloodlesse caterie, Gan murdrous hand embrew in etilile se gore, And raunge amid the Forrests farre, and nye,

And chace with winged foote the tuskie Bore,

d blood with bloods expence full deere abye. or rests his thirsting soule aslackt with blood, yt must be drenched in the formy Flood. rets out whatever Fishes wonn she Maine, or in the Christall Brooke: fated yet, must Whit meates feeden on, A-meats addressed by Art Natures Cooks. Uis Arabie, still Lands outgon wor Esting Sunnes, or Nestings looke: Phenix-like t'embalme with Spicery. dso persume Arts queinter Cookery. Isst thou keen thy blunted appetence, dwith Spices loathscome surfiture? omacks whet-stones, tongue-tart Condiments thy lunges have take discomfiture assault of Rume, loe surest fence Rumes incursion; power-full to recure efeebled, and remine the deaded spright. eraine Nepenthes, which Tabacco bigbe. co not to antique Sages knowne, nzardithat Tabacco knewen not? le agreeu'd with care? is head o'reflowne rime deluge of defluxes bos, g by stealth the neighbour parts adowne? Ubifferand moke Tabaccos antidoz

Fom out thy kindly traunced Chimny-head, With Indesh ayre,like to Chameleon, fed.

The same man in prayse of this learnedly witty Booke.

Ome, stead of Dieting, wont Eating dy,
Pounched with gormandise, and Surquedry:
Loe Buttes aright thy Legend ay mes I weene,
gend, where Natures art, Arts nature sheene:
here man kindes meate, meates Diet, Diets Inne,
here some Phisicke, yea summe of Phisicke bin,
inst common ills these writtes came well me see
hat Well is come, Well may be Welcome deemd.
These with Cates, Delices, Tabacco, Mell:
ew to Fare well: bring Well-fare: thus Fare-wa

Eiusdem ad Libri nomen allusio.

S notin convina? negant hoc Prandia. Vini es gurges? Sicca negant. Lurco? Dizta negat.
Prandia vis? Prandebis apud me. abstemia mu andia? Sicca dabo. sana? Dizta dabit.
undit olus Cynicus patiens: qui hac Prandia temma n'erit Cynicus? non, erit ille Ganis.

Fres

Grace before Diets dry Dinner ferued in by Time.

Puer stans ad mensam. IRST Giuc ye thankes vnto the giuer, And carefull Cator of this Dinner: The sooner he will on you thinke, to your Dinner send you drinke. Then loole no time : you lee your fare, Late: I beshrew you, if you space. fost and fayre coregreedy ian es I not their meate with decent paule. ke on your right hand : there landes Time Aixt your Dinner and this rime: Jeate, Drincke, and Ley sure, take together, Ic (faith olde (ronne) come not hether. pannerd Time th'art over rude. eixt Grace and Dinner to intrude. t dotholde Bibax Cronus here, Lete is nor Wine, nor Ale, nor Beere? Though here for Cronus be no Merum et Time (you know) is Edax rerum. als will not suffice your minde, tother reason you shall finde: A Time brought all these courses in, they in order served bin. hen thinke not much my gentle Guest,



B

Fruites. DYETS DRY Dinner.

Figges.

tender-skinned.

Choise. White, best: red, second: blacke, bases: full ripe,

Vie. Pourish very well, and much moze then other fruits: take away the Cone in the reines: result was

nims: quench thirfe: cleanse the breaff.

Hure. Immoderately bled, engender flative humoes and erudities: therefore greatly annoy such as are subject to the Collicque.

Preparation of the control of

Preparation Dundified and pared: then easter and correction. ten with Denges, Pomgranats, tart meates, 0; condite with Aines ger.

Degree. Pot in the first degree, moist in the second.

Season. Alway in season, thicking in Au-

Seeson.
Age.
Constitutio.
Constitutions: least to; old folkes.

Figure.

39 5 G(d) 3 9 5 5

Diets drie Dinner.

Prustes.

Ficus.

Story for Table-talke.

A Ione principium.

Some good Scholastique Diuines, think the fruite forbid- Gen.2.17.

den to be bitten, was not an Apple but a Figge: then furely as our first parents wilfully discouered their ambitious minds by eating of the frute; so very witlesly thought & sought they to couer their shame with an apren of the

leaues, this was (as the latine prouerbe speakes) Ficulneum Auxilium, A Figsworth of help:thersore when soeuer we fall to Figges, we have occasio to remember our fal

fro God. This plant in it selfe very bitter, yeeldeth passing sweete fruite: transfusing indeed all his sweet inyce into his frute, leaueth it selfe exhaust of sweetnesse, and so by consequence bitter.

B 2 Crapes,

Fruites. Dyets dry Dinner. Grapes. Choise. Ipe: white, lweete: thin-lkin neo. Passe quickly: bzeede less Víc. wind, nourish very well: make fat (with an R. some say) cole inflam mation of the Liner:pronoke brine and Henus. Caule thirst and wind: trouble the belly: immoderatly bled, biad Colliche passions: puffe the spleene

Hure

and make it licke:encreale belluri ons in old folkes. Cate them moderally, and after Cerrection. them falt meates, Pomegranates, and fuch tharpe things, oz condits

with Tineger. Dot in the first, mogit in the le Degree. cond, yet without creeke.

Scalon. In Autumne and the spring, for Age. all but old folkes. Constituti. JUC

Diets drie Dinner. Fruites

Vue.

Storie for Table-talke.

THat Grapes are verie nourishing, it is well seene by the Grape-gatherers in the time of Vintage, for they eate little or nothing else, yet growe they palling fat and corpulent.

The superexcellency of this plant and frute is inestimable, yet by the way to bee noted, in that God calleth his Church a Vine; the fruite or Vue whereof, are good workes: therefore in many places of the scripture, euery vine is cursed with a Fe, wheron there

are found no Vna. Ane bleileth as

curleth.

Mul-

WHE.

Diets drie Dinner. Fruites.

Mulberries.

Choile. D Lacke: fullome: beff ripe: m

Ocoarmpt by touch of any thing: athered afore funne.

Va Remedie boarlenesse: quend thirst: supple the bodie: allways

choller: cause appetite.

Hurt. Wied winde: disturbe the so macke, especially fraught with ball humours.

Correction. Kinle them first in Wine, and eate tart things after them.

Degree. Ripe, are hot and moist in the b

cond: onrwe, cold and drie. Scalon. In hot weather, for youth, cha Age.

lcrifts, and languines. Conflitution.

Moru

Fruites. Diets drie Dinner.

Mora.

Storie for Table-talke.

Moros, is Greeke for Foole: Lyet the Poets call this plant Pradens Offorses, the wife

Mulberry: because it springeth last of Trees, not till the cold byting frosts and nipping blasts of

black mouthed winter are al ouer All contradiction is reconciled, and the matter moderated by

rutning Prudens Alorus, a wife Morofo-Foole. For this is the height and phus.

depth of Fooles wisedome: they haue the wit to keepe themselues out of the raine: Idest, Out of apparant dager. Which notwith-

standing if one most wife Morus (nunime moros) had bene so wise as to have done the winter forms ofangry Ione had not nipt himon the head, or naped him rather in the neck, for speaking against the

head. This fruite was at first white, til it was dyed red with the blood of

Premu and Thube.

Fruites. Dycts dry Dinner.

Strawberries.

Choise. Red: ripe: faire: fragrant: Garden: set.

Hurz

Vie.

Allwage the boiling heate and acrimony of blod and chollen cole the liner: quench thirst: propose woke brine and appetite: are palsing gratefull to the pallate.

Pought for the Pailey, diseased knows, and weak Comacks: those that growe of themselves or in woos, offend their Comacks with their Charpnelse.

Correction.

Minse and mundify them with the best wine, then eate them with a good deale of sugar.

Scason.

Age.

Constitute per the temperater.

For hot weather, youth, cholies ricke, and languine.

Fraga.

Dyets dry Dinner. Fruites.

Fraga.

Story for Table-talke.

They were veterly vnknown to Antique leeches, and are indeed yet more beholding to Poets then Philitians. They named them Fraga: neither haue they any other name, as farre as I know. The English name importes their manner of setting in beds, not cast on heapes, but (as it were) strawed here and there with manifest distance.

knew a woman that was cured of the pimples on her face, onely by washing it with Strawberrie-water: and yet it was very homely and rudely distilled, betwixt two platters, and not in a limbeck.

B c Cherries.

Fruites. Dyets drie Dinner.

Cherryes.

Choife.

R The : Charpe : new-gathered: whose pulpe is hard, and

Víc.

iupce Arynoth Wod-red. Caten fasting, og afoge vinner, make foluble: passe quickly, stake thirst, cole moderately, prouoke

appetite, moy sten the body.

Huit.

Some cogrupt: much eaten in flate the Comacke, hurt the aged 03 very phlegmaticke: do the body litle gwd.

Correction. Degree.

Scalen. Age. Constitu-

tion.

Cate presently after them meats of god wyce, salt of tart.

Cold in the first, moist in the ses cond.

For hot weather, youth, cholles ricke.

Cerala.

Fruites. Diets drie Dinner.

Cerasa.

Story for Table-talke:

Herryes take their name of the Latine Cerasa, and Cerasa of Cerasunte, a Towne in Pontus : whence Lucullus first brought them to Rome, after hee had conquered Mubridate, in the fixe hundreth and eightieth

yeare of the Citie.

Cantabrigian Achademicks, may very fitly interpret Cera-Sunte Cherry-Hintotheir neighbour Cherry-Towne. Where many Athenian Squires are so ouercome by cherryes, that they can very hardly conuey them cleanly home to Athens: and afterward are constrained to implore the ayde of Mithridate and his Cosin Triacle, in regaining to

them the Castle of health.

Fruites. Dyets dry Dinner.

Plums.

Choise. Indely and throughly ripe: tender skinned: sweete and tothsome: gathered asoze sunne.

Vic.

Hurt.

Degree:

Season.

Age

Purge choller: abate heate: refresh and moissen the body: sake thirs: creite appetite: superercel

lent in burning agues.

Lolen and weaken the stomack: engender watry humours in cold and weake stomacks: yeld little

or no nourishment: hurt the aged, frust with seame, or such as have the collicane.

Correction. Cate them afore meate, and eate after them Saccarum Rola-

tum aromaticum, of fall meats.

Cold in the beginning of the les

cond, moist in the end of the third. For hot weather, youth, cholles ticke, and languine.

Pruna.

Dyets drie Dinner. Fruites.

Pruns.

Story for Table-talke

Prunes, are so called of Damascus in Syria, which yeeldeth your best and most commended Prune. Next in Galens indgement, is the Spanish, sweeter then the Damaske, and not so astringent. The French with vs is of much request, for special vse.

Damascens of all other Plums are thought most wholesome, in so much as many are of the minde, that a good stomack can very hardly surfet of them.

Apples.

Fruites. Dyets dry Dinner. Apples. Lo, lweete, faire, ripe in any Choife. Confort the hart: quench Víc. thirle: enlarge the back: dupath bilillations of rume; cause to spit: quiet the cough. Hurt. Arnop weake Comacks, and discased sinowes: especially eaten raw, c2 many. Preparatio. Roalf, baked, fielped, polydered Correctio. With lugar and autled coinfits; of elle cate Saccarum Rosatum tpen them. Sweet, are hot in the first, tem Degree. perately moils: sower, are cold and dap. Seafon. In Autumne and spaing, foll Acc. routh, chollericke and god for Conflitumacks. tion.

or occasion of all euill: but whether it were an apple or no. sides

Dyets dry Dinner. Fruites.

Mala.

Story for Table-talke.

An Apple is of cuill report, or at leastwife hath but an euil name amongst the Romaines: for the very name (Malum) fignifieth euill. Hence some forbid both cheese an apples with this fallacian. Caseus est nequam, et mala sunt mala. Howbeit not origination but fortune made the Sorhisters. For Malum (an apple) deriueth his line of Ancestry sio the Greeke Melon, of great antiquitie, not vnknowne to Homer. Yet the obuious Notation is palsing plausible and more passable: because an apple was the cause oroccasion of all euill: but whe-

su penes Authores.

Peares.

Fruites. Dyets drie Dinner.

Peares.

T Pronghly ripe: swiete. Choile. Dicale the talle; cause ap petite: comfozt a weake fto macke: by forcing the lawesto

raile and spit out sleame, proucks

to the Cole.

Víc.

13200 colo and flatuient blod: Hurr. nought for the collicke.

Correction. After meate, powdered with much lugar, deinke olde wine d god fauour bpon them: 02 inded, prepare them thus. Preparatió.

First part them in halfes and cut out the Tozes. Then pare, falt, and cast them so out of dozes.

Degree. Cold in the first, dry in the so Scalon. cond. Age.

In Autumne and winter, for Condituall but the aged and rumaticke. LICA. Pyra

Dyets drie Dinner.

1.26.19

Pyra.

Story for Table talke.

OVr English name Peare, comes of the Latine Pyrum or Pyris, and Pyris of Pyrami, because both the Peare-tree and the Peare it selfe also, somewhat refemble that figure or proportion : yet inversion, if they be compared. For the Peare-tree aspireth and riseth with a kinde of Come in the top; the Peare Contra) pointeth toward the stalke; and his broad crownere-

The Italians call their chiefe orbest Peare Bergmot. Mot is a Peare, and Berke signifies Lord or Maller in the Turkish tongue, whence they borrowed it. As we

prefenteth the balis.

Lya Pome-roy from the French. Aprecocks.

Dyers drie Dinner. Fruite_

Aprecocks.

De greatell: best coloured: Chaile. .ripe: whole inward kernels

are palling livet, and comes eally from the thell; pleasant in

faife Víc.

Quench thirst: what the stomack : the Kernel kils wormes.

Indute the Comacke: some corrupt: pollette the blwo with much water, and make it lopre pw trifie.

Colo and mout in the lecond.

ad so, gage lo cue est incola

Correction. Cate after them Angle-leocs, meates well falled or spiced, and oto cheele: vinke old wine of god favour byon them.

have frong stomacks.

Degree. Scalon.

Aec. Constitution.

Hurt.

giming of June to; south fach as abound with choller of blod, and Diets drie Dinner.

Fraite.

Mala Armeniaca.

Story for Table-talke. CO cald in Latine of Armenia:

I whence they were first transplanted; in Greeke Bericoccia, in Latine Pracocia, or Pramatura. Id

est. Soone ripe, or first ripe : for they offer themselves about the end of the spring. Hence we call

ampe-headed young boy, a prin-cock. Horace faith, Non amo puerum precocus ingeni.ldest. I loue no

Aprecocks. And so on the contraty,2 Cockni is inverted, being as much as Incoet, vnripe. Other de-

rive Apricock of Apricum, because it ripeneth best in Aprico.

Now as Aprecocks be soone ripe, lo (according to the old rule) soone rotten. And though Galen faith, Aprecocks be not so obnoxious to corruption as the Peach, yet experience giues him

thelye.

Peaches.

Mala

Fruites. Dyets drie Dinner.

Peaches.

Choile. A good colour; fragrant since inch as come easily to

their Conc.

Víc.

Pend the cuil fanour of the breath arising from the stomacke: their smell is wondrous god in

cozviaque passions.

Hurt. Being soft, moist, and statulent, they engender humours very sub-

ied to corruption: euil for old, flegomaticke and weake Comackes.

Correction. Cate them alwaies falling, and

beinke a cup of the best wine, most fragrant, and well aromatized.

Cold in the first, moist in the se

Degree. Cond.

Season.
Age.
For youth, cholleritis, and sans
Conking.
Guines.

Conditu. gumes,

Mala

Dyets drie Dinner. Fruites.

Mala persica.

Story for Table-talke.

CAld Persian of Persia. Persiques. Therfore have we notoriously impeached their name, as we do all other derivatives indeed. For in stead of Persiques, we say Peaches. But no great matter for the name: that will never feed or fill our mawes. As he said, Voca panem lapidem

Those Peaches, whose meate cleaueth fast to the stone, are comended of some, as also, such as seeme friezed ouer with a thinne downe, like a Quince. But questi-

onlesse both these, are of last and least request.

Orenges.

Fruite. Dyets dry Dinner. Orenges. Choise Aightic: full rives ad coloured: twirt swate and fower. Vic The swate open obstructions; are good for melancholists, and such as be subject to distillations: the middle fort are god in Agues, and recall appetite. The erquilitly (weet are to hot; Hurt. the lower cole, and offend the flo mack: Auffe the belly: constrains the breff, and arteries. Correctió. Therefore eate but little of them: after them Dzenge pils condite, which are good for the stomacke. Degree. The lower are cold in the first, mont in the second, the sweet tems perately hot: the middle cold and temperately drie. Scalon. The livate are god even fozolo Age. folkes: the lower in hot weather,

for youth, chollerus and languine.

Mala

Constitu-

tio a

Dyets dry Dinner.
Mala Awantia.

Fruites.

Story for Table-talke.

The flowers of this plant are filuer-coloured; and from themisdistilled a water furpassing all other in fragrancy and sweete smell. The leaves are in colour like an Emeraud: The fruite like Golde. Whence they are called Aurantia of Anrum, gold in Latine; and in Greek Chrysomêla, golden apples. English properly and truly Aurange, but we have both them and their name by tradition from the French. So wee both speake and write it Orenge.

Limons.

Fruites. Dyets drie Dinner. Timons. Cheisca O Melling like a Citron: bet Oripe of good colour: a bay of two gathered. Víc. The tugee is god fauce to pp noke appetite: Cayeth calling: breaketh große humours: res steth pestidentical severs: good by the Clone: nouritheth not at all, Hurt. Excellenely coleth the formack: cauleth collicque passions, leane neffe, and melancholious humoss: hurteth the aged, phlegmaticke, and cold fromacks. Correction. When moderately and feldome

without the rinde: laide in water: condite with lugar.
Cold and drie in the lecond.
Onely for hot weather, youth, and chollericke.

Degree.

Scalon.

Collitutio.

Age.

Malun

Diets drie Dinner. Fruites.

Malum Limonium.

Storie for Table-talke.

The Citron, Limon, and Orenge, growe especially on the sea-coasts of Italy: and in the Adriatique and Tyrrhene Ilandes. They were brought first out of Media into these parts, and thence are they called, Mala Medica.

They beare fruite all the yeare long, some at the same time ripe and falling off, other but now budding and sprouting forth.

All fay a Limon in Wine is good: some thinke a Leman and Wine better.

C 5 Quin-

Diets drie Dinner. Fruites.

Quinces.

Ight Duinces: [mall: dim Choise. K pled oz dalvked: molic: mol swetty fragrant : bell ripe.

Vic. Recreate the beart: comba, strengthen, and close the mouth of the Comacke: Clair flures.

Caten rawe, oz overgrædilys Hurt. fore meate, burt the anowes: procure to many collicke pattions, but

being erquifitly ripe. Correction. Boyled verie well with hony: boyled, and then powdered with Stoze of lugar, oz a grain of mulke: o; made in Marmalat, and eaten

> in the last course. Cold in the first, ozic in the be

Seafon. ginning of the lecond. Age. Constituti.

Degree.

In harucit, and winter, for any on_

Diets drie Dinner.

Frustes.

Malum Cydonium.

Storie for Table-talke.

CAld in Latine Cydonium of Cydone, a Castle in Crete. Also Cotoneum, because clad in asute of white thin Cotten. As for our English name, I finde as litle sauour in it, as in an vnripe raw. Quince. In Galens time, Quince was broght out of Syruto Rome. Simeon Sethi, counselleth wo-

men with child to eat many quin-

children.

ces, if they defire to have wife

Pome-

Malun

Fruites. Diets drie Dinner. Diets drie Dinner. Fruite. Malum punicu se granatu. Pomegranats. Storie for Table-talke. Choile. C Wete: ripe: big: with grat Okernels: whole rinde comes a Alled Punica, because brought My off: the tharpefull of mya out of Affricke, from Carthage. Víc. The sweete ercite Menns: go emay now be called Malin Tufor the Comacke, breff, cough: h kw, for that which was Carthage, tharpe, fo; hot liners and agues. now Tunis, Granatum, or Pome-Hurt. The Sweet breed wind and beat ranate, of his multitude of grains naught in fevers: the tharp offen ickemels, not of Granata or Grathe teeth and gummes; confirm ado in Spaine, as some fondly cothe brest; naught for old folkes. eit it: but rather Malum Grana-Correcti-Eate the kernelles of both top was god-father to the realme on. ther. of Grandq: for they beare a Pome-Degree. The specte are temperatly ha ranat in their Eschutcheon. and moyli: the lower coice, an If one eate three small Pomesomewhat binding. granate flowers, (they say) for an Scalon. The sweet in winter, fo; all: [4] whole yeare he shall be safe from Age. Charpe in Commer for youth, and Constiru. Il maner of eye-sore. cholleriffs. tion. Citren. Males

Diets drie Dinner. Fruites.

Citron.

Choile. Tall ripe, a great faire one, the grew in an hot Country: low

time gathered. Víc. Welt prescructh against porson the rinde mendes concocion, a

commends the breath. Slowe of concocion: annoya Hurz. hot braines: eaten at night, caula Disincle.

Condite with fugar, and cale Correction. not afoze meate, oz with meate, bt alone, and fragrant biolets, or no

> Saccarum Rolatum, presently tcr. E he rinde and leed are hote and

Degree. by in the fecond, the pulpe of med cold and morft: the fower is com and due in the third.

Scalon. Condite with fugar, for all, at a Age. times:raw_foz none, at no time. Constitu-

tion.

Diets drie Dinner.

Malum Citrium.

Story for Table-talke.

The bigger Citrons, though they be fairer to see too, yet those that growe in Italy about the Laque Benacus, surpasse in talle.

The decoction of Citron, held in the mouth, commendath the breath.

The rind laid amongst cloaths keepeth them from moth-eatings and finelt on, preserueth in time of pestilence, or corrupt aire.

The Citron is the Embleme of Loue, & Loues delightfull paines or painefull delightes. A bitter sweete, an Oxymelor Glycypicton.

Citrull

Fruite.

Maln

Fruites. Dyets dry Dinner. Fruite Diets drie Dinner. Cucumis citrulus. Citrull Cucumbers Storie for Table-talke. Choife. Dng: thicke: best ripe: pd Low,like a ripe Drenge. THe best vie of Citroll Cu-Víc. Creedinaly coleth an bots A cumber is this. Pare off the Stomacke: quencheth thirs: appear runde; and cut the Cucumer leth choller. Hurt. into this broad flices is lay them As hard of digettion:engendet inwaper. Then apply them to the fleame e clammy humours, which tongue of one licke of a burning (one after proue virulent, but in ague : it shall do himegreat cafe. If fromacke hote above measure: po you leash them first with fugar, all. fon to a colo fromacke. the botter x for by himmeans they Correcti. Cate it with Onions, Draggor on. quench his thirst mirigare the wort, Mint, Rewe, Pepper, and scalding heare of the femine: and such other very bot things. in place of ficcitie or drong this co-Degree. Colve in the ende of the fecond; nnually installs verifigrateful limoilt in the end of the third. Scalon. quora with which the tongue, pa-Bad nourithment, for any ist Age. late, throate, and drie soule of the form, age .02 conflictuation. Conflienpatient, is wondrously suppled Cucumu. tion and refreshed. Medlars

Diets drie Dinneri Friates. Fruite. Diets drie Dinner. . Medlars. . Mespila. Meat: foll and plampe: with Choise? 35-13 Storie for Table-talke. Ittle kernels : rightly ripend ormellowed, Tic Meddle not with Medlers. Vic. Good against damkennesse, the . 4 es, cultuig, pleasing cothe stomach, This Fruite ripeneth verie flowly: the flowers & leaues especially to two tien with inthe. Hurt. Dlowly concocted: hinder the are of a binding nature. toncortion of while meates i out Such hart as commeth by eamuch view our the the flomacin, ting Medlars, the like also ensu-Correction. Cate Penivice, Sacretin Mio eth by dealing and medling with tarum, Bugar Cansid, Bilegris, et medlers or common smatterers: fuch other pectorals after them. they are hard and dry meat, hard-Degrec. Coto and vice in the Mil. ly digested: not soone brought to Season. For winker, youth, epollerills, any reasonable order: besides, Age. Constituti. and strong fromacies. they hinder, disturbe, and interand a proportion of the Meshile en. superfie course, and orderly proto the chall with inner to on ceeding of other mens matters: to be controubly to plant and it you deale much with them, they wil extremely irck, & loath you. a Services.

Diets drie Dinner. Fruites. Services. DLump: bestrive: not coxupt: Choile hung up, oz kept a while in Graine. V.e. Maken afore meate, If av flures and immoderate calling: taken a ter meate. Arenathen for framat, mend the breath. Murs. Much hinder concodion: immo deratly vsed, burthen the fismack: bred litle, cold, groffe, and melan chalious inves. Correcti

Caten after meate.moderately, and after them, an hony-combe. on.

Degree. Colo in the first, oxie in the la condiverie aftrinaent.

Sarba

An Automme and Winter, 14 Seafon. youth, and hot constitutions. Age. Configurio.

Diets drie Dinner.

Frustes.

Sorba.

Storie for Table-talke.

The Soruice and Medlar, are much alike in nature, tafte, and operation.

Plinie, li. 15. cap. 21. noteth foure differences of them, arising from their forme and fashion. None of themall fructifie, vntill they be three yeares old.

Cate willeth vs to condite them in the decoction of new Wine.

A Lotion of their decoction, straiteneth the matrice.

Galen veterly forbiddeth them as meate, commendes them for good astringent phisicke.

HAM

Fruite. Diets drie Dinner.

Hasil Nuts.

lieat ones: little covered Choile. I with their hulke: ful of wyce.

Víc.

Hu.t.

not weime eaten: not any way contaminate.

Pourish moze then Walnuts: encrease braine: sodden with ho. np, cure an olde cough: toued and eaten with pepper ripen the diffil

lations of reunie. Annoy the Comacke: hard of concocion: windie: engender nuch

choller: cause headach, it much es ten.

Correction. Cate them new, macerated a While in water: moderately, and after them, meates condite with lugar.

Degree. The grancoznew, arc tempe rate in the first qualitie: the old of due, are hot and due in the ende of

the first. Scalon. In winter to, yong, trong, and Acc. laborious persons. Conflitn.

Avellance

Diets drie Dinner. Fruite.

Avellana.

Story for Table-talke.

Vellana of Avellana, stowne Hin Campania : or else à Vellendo, because any may haue

them for the plucking or gathering. The Greekes call them Ponuce, for that (as faith Pliny) they were first brought out of Pontus.

Nut in English, of New the Latine: and Nux à Nocendo, because it annoyeth all other plantes or hearbes that are Tubica and obnoxious to his leaues-dropping. All hard or shell fruite, are cal-

led Nuces: all soft or pulp-fruite, Poma. D 4 Metons

Dyers dry Dinner. Fruites. Melons, commonly called Pompions. If most erquisit sauour: pless sant to the palate: new: rips. Choife. Quench thirst: cause appo Víc. tite: code lensibly: cleamse the bo die: prouoke vrine: vaily vied them, preferreth from the flom in the blabber and reines. #52eede winde and belly-ache: Hurz. naught for collick, splenticke, ages, phlegmaticke melancholicke. Caten with odo Chiele, fall of Correction. tart meates, and a cop of balls Mine. Cold in the beginning of the le Degree. Season. toro, moilt in the third. Age. for your and hot blook. Constitu-Tion.

Melones

Dyets dry Dinner.

DJ

Melones seu Melopepones.

Story for Table-talke.

A Nauria, which Galen calleth Melopepon, of Melon and Pepon: because it is not distinguished with stemmes, as the single Melon or Pumpion is; but

round and smooth like an Apple.
Also its eaten together with the inwards of it, which the Pumpion is not: yet retaineth it the smell and sauour of the Pumpion.

This fruite is the greatest or biggest of all Hearbes or Trees. That it hath a scouring and clenfing properly, its evident in that if you rub any part of the body with it, it becommeth much the brighter and cleaner.

Dyets dry Dinner VValnuts. Choile BIg: long: ripe: easily chalco: especially new, not rotten. Víe. Revaire vecaied teeth: eaton with Figges and rewe, lave from mostall benims, and kill wormes in the belly.

Hurt. Immoderately bled, burt the theoate, pallate, and tongue, fiuffe the break; cause the cough and. headach, especially if they be dry. Correctió. Cate them new; Reeped in wine, and then pilled: a small quantitie,

and with a litle garlicke: old, with raylons, or after fith, in fead of chæse. The dried are hot in the third, dry in the beginning of the second:

the greene are exceedingly moill, Scalon. and partake litle heatel Age. In winter fo; phiegmatick, melan-Constitu. colicque, colo, not traight breffed. tion Nuces

Degree.

Dyets dry Dinner.

Nuces Inglandes.

Story for Table-talke.

V glandes, quasi Ionis glandes.Io-I wes Acornes. For when our grand-forefathers had a long time lived with Acornes, at laft finding Nuts , they called them loues Acornes, for their excellecie.

Therein apppeared their thankfull hearts for any benifit receiued at Gods hands, by acknowledging God the author and bestower of it. Contrary to the base humour of many muck-borne, Scarab-flyes, and earth-rooting;

hogges of this age; who are content to eate of loues Acornes, but like swine as they are, neuer life up their eyes to the tree whence shey fall.

Pine

Dyets dry Dinner. Fruites. Dyets drie Dinner. Fruites. Pine=Nuts or pine Apples. Pinea. If Dichard pines; femalical belt fauour, very new. Choile. Story for Table-talks Yfc. Pourith much: lat: cleanle the IF the tops of the pinetree be breat, lights, regnes, and bladen I once lopped off, it never bears lodden with honey, pronoke win, fruite, nor prospereth after. restore the weaks, confinne all co Where it was that Crassus threatrupt humours: god for the thest ned the Citizens of Lampsacum, winded, and paraliticke. that he would destroy them like Concort formetwhat Closely:make Hurt. a Pine-tree: meaning he would but große inges: much esten, cut offall their heads, or elle slay gradu the formack and belly. all their heads, Idest, their gouer-Macerates hot the space of m Correction. nors & magistrares, which done, house, give them with lagar to sh the citie like a lopped Pine shuld and philegmaticke, with honey w pine away and come to nought. ponth and chollericke. Pine Nuts much augment seed, Degree: Pot in the beginning of the w especially if three or foure drops conv: mont in the first. Scalon. of their oile be put into a sost In coto weather, so, the forelaid, Age, Constitutio. as atorelain. egge and so sooped off. Pistake Pisse

Fruite. Dyets drie Dinner. Pistake Nuts. Choife. Great: Smelling like Eurpentine: of old trees: of a lade arane colour: moft new. Víc. Durge the bacit: Arcngthentk regnes and ffoniacke: epen ch Arvations of the liver: Asy disposi tion to comit: heale the biting a serpents: prevoke Tenus woo Hurt. Decully. Though they fat, yet nourishis tie: unhollome forhopes, and ha conditutions: for they extenuate, inflame the blod, and bring tip Correction. nelle. Eate them immediatly along meate, with Ozenges, oz Saco Degree. runi Rosatum. Scalen. Hot and dry in the second orda Agc. of the second degree. Conflicu-In cold weather, loz flegmatiss. uon. Ps/cacia.

Diets drie Dinner.

Pistacia.

Story for Table-talke:

Ministra holdeth this plant to be a kind of Terebinth, or Turpentine a Migroweth in Boyu & Syria. Thence brought to Venice: a few years fire they

have fructified in Sicily. The Husbandmen say, it growes of an Almond-tree Imp, inserted to a Mastick stock.

. Lucius Vitellius Cenfor, first brought Pistakes into Italy; in the beginning of Tiberius Ca-Sars raigne, when he was Embalsadourinto Syria. Tates.

Fruite

Dyets drie Dinner. Fruites. Dates. C Wiete: ripe within: som Choife. and bicogrupt. Víc. Spake lat: good for the huer: cure the cough: Lole the belly. Hurt. Hurt the teeth and mouth: cank arwinas in the Comacks. 20 scalles to breake out: graw the bottome of the belly; plague be bead with ache; obstruct the buck Correction. splene and bepnes. Eaten sodden og convite wil maar: 02 rains with sower and tart meates after them. Degree. Whi Biem e enous oft ai toff Seafon. first. Age. For no lealon, age, or conditor Con litution. on, but well lugard. Dattyle

Dyets drie Dinner.

DaEtyli.

LIMILESA.

Story for Table-talke.

DAlme or Dare-trees are most I rife in Agyt and Inden. In Italy the fruite neuer ripeneth throughly : in the coasts of Spaine they are lower and unfauourya There are 49. fundry kindes of Palme-trees numbred and noted by writers, so different; that they may scarce seeme to be al Palmes. This tree is of a molt affpring nature: it will beare no coales. Le relisteth all burden, bearing it vpward with his armes & boughs: Therefore is it an Hieroglyphick or Embleme of victory and con-E Almonds. quest.

Dyets dry Dinner.

Amygdald. Dyets dry Dinner. Fruites. Almonds. Story for Table-talke. Maket:new: not corrupt by bo Choile. Ieasonable weather: that gree A Mygdala the Greeke name, fignifieth as much as the in an bot foile. Víc. Delo Roze of nourilbment; fat: long Nut: some call it Nuhelpe the light: encreale leed, an brains: fetch by ficame: purps bca. It prospereth best in hot counthe break: caule deepe: open th ries, and therfore better in Apulia Aruaions of the liver. and Sicily, then in Italy, Spaine or Duer-dzy, they are hard of con Hure. cotion; Hick long in the Comada: France. The tree and fruite both much cause headach. Pollome, being tender and fil resemble the Peach : yer some-Correction. what bigger. of milke, blaunched; with a god | Phillie was turned into an Al-Deale of kigar. mond-tree, for telling tales out of The fwete are temperately bet Degree: schoole: euer sithence, it hath and moilt almost in the first : the bene a by-word: an Almond for Scalon. bitter are drie in the second. the Parrat: which least it beap-Age. #0 For all leasons, ages, constitute plied to me, I will leaue my pra-Amygdala Chesinuts. ting.

Dyessome Dinner ryuites. Dyets drie Dinner. Fruites. Chestnuts. Castanea. Bare growns moze tothsm Choife. Story for Table talke. and lette buhollome. Víc. Being flatulent incite Claus Astanea quas casta nux. yáld firong and very god no Chellnut, Chastinut: say richment, Acp Aares taken wa ome. I knowe not vpon what lugar, abate choller, with home ground. I am fure not by a meto-Acame, wrought with honey an himie of the cause. For being flalugar, cure the biting of mad dogs ulent, it prouokes lust : yea fur-Hure, Caten much cause heavachan ther, this nut in his hulke much winde: binde: and raine ar: had resembleth Testes, the instrumets of digettion. of lust. So that some deuide this Correction. Moall of roals them, then eit Nut not as other Nuts. In Nuce et them moderately with a good beat ucleum. But In Testam et Testes. of lugar. The enucleating of it, they call Degree. Pot in the beginning of the b astrating or gelding. So then by Scalon. cond, drie in the second. Age. hisreason, it is not Casta nux, till In cold weather, for any. Constitut. ive Nux castrata. Idest. Testa sition. Castanes re testubus, I'le bee his witnesse, heis chaste with a witnesse. Olines.

Dyets dry Dinner. Fruites. Olives: Choife. Kéene: best condite: such grew in lan-thine: gr ones: as are at Bonom which being naught to make of of are condite, becomming my lavoury and tothlome. Vic. Cleanse the Stomacke of sleams provoke appetite: Itay casting. Hurr. Caule watchfulnesse and head ach:02 much eaten, stuffe the hea especially the salted. Cate them well convite, in Correction. binegar, at the fecond courle, man other meats. Degree. The falt are not in the second the eye. Seafon. the rest temperate, somewhat Age. Aringent and Arenathening. Constitu-In cold weather for any. tion.

Dyets dry Dinner.

Olina.

Storie for Table-talke.

OLea is the tree. Olina the fruite: Oleum the iuyce or oyle. The Oliue was an Embleme of peace, euer fince the Doue brought an Oliue leafe in her mouth into Noahs Arke.

The Spanish Oliues are bigger then the Italian. Yet the Italians, especially they of Bonony, condite them far better then the Spaniards. Besides that, the Spanish have an od vnsauory smell, and looke yellow, unpleasant to

Wash the mouth with their pickle; it closeth the gums, and fastneth the loose teeth.

Dyets drie Dinner. Fruite. Cappars. Choise Dadite in vinegar, which ar onot so hot as the salted. Vic. Elery god for the thortwin ded, and splenaticke: provokette nus, and monthly flure: curette Hamorhoids: kill wormes: palling god for a moist and phlegmatick flomacke. Taule thirst, especially the salted, Hurt. which also inflame the entralls. Correction. We the laked rather for philicki then meate, rinke them well in wal ter first: the condite in Clinigar an to be eaten afore other meats like fallets, with onle, raisons of the sun,02 Dpymell. Degree, The latted are hot in the lecond, Scalon. dry in the third: the other hat in Agc. the first, vey in the lecond. Coffinnis. For cold leafon, age, constitution Cappares

Diets drie Dinner. Fruite.

Cappares.

Storie for Table-talke.

The plant it selfe is a prickly shrub, the braunches falling to the grounde, somewhat like a Bramble or Briar.

Cappars are (to say the truth) rather sauce or medicine, then nourishment or meate, especially the salted: or if they yeelde any nourishment, it is passing little, not passing good.

The best Cappars are thought to be brought from Geneua. Cappars in dyer, and Capers in dauncing, serue both for relish.

E 5 Gourde.

Diets drie Dinner. Fruites. Gourde. TEW: fender: græne: light: Choile. Vimete. Delpeth the chollericke, by Vie quenching thirst: lodden with ber turce, coleth the liver. Hurt. Burteth the cold & flegmaticke: brædes winde, and wherish hu mozs: weakeneth the stomacke: vælds bad invce. Cate it with pepper, mukard, Correctibineger, oz hot hearbes, as onions, on. and parlley. Cold and moyli in the lecond, Degree. For hot weather, youth, and hot Scalon. Age. teumeratures. Conditutio. Cucurbita

Diets drie Dinner.

Cucurbita.

Storie for Table-talke.

The Poet (as his chiefe pride resteth in hitting the nayle on the head with a quainte Epithite) called the Onion, Sapientissima cepa. That is, most wise.

The Gourd, Voracissima Cucurbita: that is, most rauchous. His reason was, the Onion is all head, and the Gourd all belly. The Radish hearing this, steppeth in, and

For (faith he) the Onion wanteth wit, and the Gourd wanteth teeth.

Pease.

Fruites.

Diets drie Dinner. Fruite Pifa. Pease Choile. Crupt. Vic. Please the taste: mundific the breat: cure the cough: pold fine gular god nourishment. Huit. Hurt euil teeth, and whom loes uer winde annoveth. Prepara-Dreffe them well with falt, oile, tion. scason. pepper, and the inyce of lower hearbes. Dyle of Almonds is god condiment for them. Colde in the first, temperately Degree. moist. Scalon. For hot lealons, routh, cholles Age. riffe. ne beane, fisteene. Conflitu-Pila. tion

というできない。これというできない。

Diets drie Dinner.

Storie for Table-talke.

DEase are either wilde or tame. I The wilde do differ in kinde; but one kind of them is called eueilasting pease, because their roote neuer dieth:but being once sowne or planted, so continueth for euer, yeelding fruite in due

Peafe are much of the nature and operation of Beanes, but leffe windie, as faith Hippocrates: And our common prouerbaccordeth, speaking somewhat homely: Euery peale wil haue a feale:but eue-

Reanes.

Fruncy

Dyets drie Dinner. Eruites. Beanes. Reat: pure: bright: without Phoile, fpots:not wozme-caten:rong and tender. Cause siepe : restraine the Hi Víc. aram, fat the bodic. Bied much winde: dull the lav Hurt. les : caufe terrible breames. Trepara-**B**ulke them with falt and Ha tion. iozam: and leth them alunder. Colo in the first, daic in the le Degree, cond. Scason. W: A in cold weather, for große Age. and homely feeders, Confliku-Fabe. tion

Diets drie Dinner.

Fruites.

7.1

Fabæ.

Storie for Table-talke.

Tong-tying Pytagor, biddeth vs tie vp our chaps also from eating of Beanes. A Fabu abfineto. Wherein Iudicious Antiquaries say, there is much mysterie, and therefore diversly interpret it. Simeon in his Dyet Booke

faith Pythagor, forbad them, for that they cause turbulent & fear-full dreames. Other referre it to their flatulencie, whereby they prouoke to lechery. Other expound it mystically, & not according to the grammaticke sense: therein shewing much reading, if not wit. But to gather together their gatherings, were to send my wit a wooll-gathering, and indeed to contend de lana caprina.

Diets drie Dinner. Diets drie Dinner, Fruite. Fruite. Rize. Oriza. Storie for Table-talke. Choise. Plaight and cleare kernels, like Bearles Bargarite: suchs R Ize is sowne in a moyst and lowe ground. Swell in secthing. Vic. Wonderfully allwage the bur Frumentie made of Barning heate of the Comacke: enach ley, is moister then Rice, & yeelleth leed: stops flures. deth singular good nourishment Hurt. 13ad for the Collicke: for being to the bodie, verie holesome for of a clammy and alewith nature, the sicke. You may much melioit flicketh two long in the guts: and rate your Rice, both for nourishbræds some winde. ment & toothsomenesse, by see-Prepara-Soth it in Cowes milke, win tion. thing it in fat flesh-broath, or in the creams or onle of swate Al passing good Cowes morning monds. milke. Sodden with Oyle or But-Degree. Hot in the first, day in the lecond ter, it relinquisheth his astringent temperatly faith Auicen and Rhaqualitic. The Seafon In Winter, so; youth and labour Acc. rers. Conflitu-Crist tion.

Dyets drie Dinner.

The Painters Prouerbe.

Manum de Tabula.

T Hat is, (as present occasionin. terpreteth) no more Table. talke. The reason hereof (4)

First and principally, except 1 speake wiselyer.

I gesse) may be these.

Secondly, the consequent is like to proue barren, for Certs fruules; for all the fruite is antecedent.

Thirdly and lastly, it's Dinnertime, so that if more time be spent in prating, my Dry Dinner will not be ready in due time. Quod omnium rerum est primum.

These reasons would binde any man, any reasonable man to the peace. Tet for all this, presuming vpon your fauourable estimates, who are mise, Et nostis os adolescentiz

quam

Diets drie Dinner.

The Painters Prouerbe.

quam sie impudens, I am purposed to proceed in my perpetuall paralell of paraphrase. The which I desire, it may be served in amongst the rest of the dishes, and be tasted also, but yet of such onety as are of eager appetite. If any be desirous to know what a ma may call it, surely I can thinke of na

futer name then an hasty pudding. For I protest in so great haste I composed it, that when a friend of mine came into my chamber, and suddenly surprising me, asked what I was making, I as not minding what he ask't. or what Ianswerd, tolde him in m? baste, that I made haste.

Sage.

Diets drie Dinner. Hearbs Sage. Choise. Arven, or let, the letter fox: Ithe litle leaves of it. 16 Cod against the paulite an quinering of the toynts, proceeding of a cold cause: cofosteth the head, braine, senses, and memorie. Mart. Annoyeth melancholicke par fons by over-dying them: allo the hot and chollericke, by ouer-hear ting and burning them. Correcti. Cate it in fallets with other cold and moult hearbes: as Lettule: of with moist meates. Degree. Hot and drie in the beginning of the third, or in the verie end of the fecond: somewhat affringent. Sealon. In winter and the lpzing, for old, Age. cold, and phleamaticke. Constitu-Salaia. SOR.

Diets drie Dinner. Hearbs.

Saluia.

Storie for Table-salke.

Many do much extoll Sage, calling it an holy Hearbe, auerring that it preuenteth all abortument in women. They counfell a woman the fourth day of her going abroad after childebirth, to drinke nine ounces of Sage iuyce with a little salt, and forthwith to vse the company of her husband.

The hole some nesse of Sage-ale is notoriously famous.

Heywoods merry wit noted two kindes of Sage, not named in our Herbals: Sage wife: Sage foole.

F 3 Fanis.

Dyets dry Dinner. Hearbs Famill or Finckle. Arben: young (if you cate it Choile græne): full ripe (if you kape it) fooden with the rotes an tender Stalkes. Doth make stoze of milke: pp V.c. noke vine and monthly flur, open obstructions, purge & remes irm dronlly, helpe the fight. Attenuate and inclame the blod, Hurz neither fodden nor rawe, is eafied digestion, especially eaten much. A litle: yong: laied a while in col Correction. mater. Degree. Hot in the second (many say in the Scalon. third) dzy in the first very opening. Agc. Ho, ang time, age, o, constituti Constituon, least for youth and choilersts. tion. Fam

Diets drie Dinner.

Hearbs.

Fæniculus.

Story for Table-talke.

Snakes & Serpents by eating of Foctill renew their age, and repaire their decaied fight by rubbing their byes with it. Wherfore it is vied of vs to the like purpoles. There is a bad propertie in the feede, to breede poylonous wormes, whose poylon is curable by no Antidot. Therefore afore they be eaten, they must be opened and carefully purged.

Hearbs. Diets drie Dinner. Sparage. Choile. How bowing to the ground ward. Víc. Doth open obstructions of the reines and liner: make foluble:po noke brine and Clenus. Hurt. Catencolo, disposeth to bomit and through his bitternesse, great ly increaseth choller in collerum Comackes. Correcti-Is boyled, and (the first decod) on. on cast out) condite with Dyle, The neger, Depper, and falt. Degree. Potte in the first: temperately moult. Season. For any age, or temperature: Acc. chiefly for old and cold. Constitution. Aparagi.

Dyets drie Dinner.

Heuros.

Asparagi.

Story for Table-talke.

Discorides (aith, that Sparage causeth barrennesse: burit is not probable, sithence it nourisheth very much, and manifestly prouoketh Venus.

It is very soone sodden: and therefore Casar speaking of any thing, that was soone done, had

this prouerbe vsually in his mouth. Citius quam Aparagico-quantur; Idest; Sooner then Sparage can be sodden. As much in effect, as, while you ca say, what's this? in the turne of an hand: in the twinckling of an eye.

F 5 Spinache.

Hearbs. Dyets dry Dinner. Hearbs Dyets dry Dinner. Spinachia. Spinache. Storie for Table-talke. Choile Ory yong: growing inabd manured and fat foyle, wa COme will needes have this tred from about. Ohearbe, a bred & native Spani-Vic. Doth enlarge the breft: cureth ard : and therefore miscall it, cough: moderately cole the lungs: Spagnaci. But they much abuse it, make the velly foluble, * the wea for the Arabians called it Sphinaland imoth. che: the reason of the name is ob-Hurt. As veric windie: annoyeth the wous: because the seed thereof is Comacke: engenders watry by Spinosum. That is, prickly. The mours in a colo Comacke. iuyce of Spinache drunke, cureth errection. Fried with it owne inyce, with any wound received of a Scorpiout water: then condite with Dik, on. Therefore it is of much re-Sozrel-ingce, and Raylons of the lun. quest in Italy. Degree: Arti-Cold and mort in the firft. Scalon. Fo; any age o; constitution: e Agc. Conflicuit specially youth and cholleritts. Spinachia

Hearbs. Dyets drie Dinner.

Artichokes.

Cloise: Wille oz pzickly.Artichokes,

Vic. Leaning of Artichoke: tenver.
Dlease the taste: prouve vim

and Cleuus: remoue flatine his mours: open obstructions: heats

the entralls. Hurt. The Chillie is somewhat sta

> tulent; annoyeth the head: burdneth the stomacke: Artichoke is not so burtfull.

Correction. The Chille lodden, 0, rato, is eaten in the last course, with falt and

pepper: Artichokes are boyled in Pottage, and eaten as the Thills.

Degree. Scalon. The lodden are preferred afox

Age.
Costitutio.

Costitution.

Cardin

Dyets drie Dinner.

Cardui seu Cinar.e.

Story for Table talke.

The Thistle or prickly Artichoke, differeth from the plaine or common Artichoke, onely by certaine prickles upon the stalke. The Italian most esteemeth of the Thistle.

In some times they were to be

In former times they were to be had no where but in Sicily; now every where.

Theophrastus calleth them Pines, because they somewhat refemble Pine-apples, consisting of many skales, copasted Globewise.

Lettuse.

Hearbs.

Hearbs Diets drie Dinner. Lettuse. Choife. Plick, commonly called Cale 1 bage Leituse : growing ma fat levie: aloze it swell with milke: not wallt in water. V.c. Calle of tigestion: the best of pot-hearbes, increaseth nulkcipio cureth lape: Nates the running of the reines: all wageth heate in the liemacke, especially eaten with w neger. Hurr. Dummeth the light: quencheth naturall heate: corrupteth the law largely. raufilly barrannelle: moztifieth be-Aristoxenes Cyranaus, watred nus: makes the bodie Auggih: his Lettuses with Mead, to make wee hearth the Comacke. Correctio Cotton with Mint, Rewe, and OD. of secret hearbes: fodden, rather then ratio : brivally: god Wins Dimke trenit. Degree. Colo ani morst in the second. Scaton. In het weather, for youth, bent Conflicutio, efculerule, and het Comackes. Latinia

Diets drie Dinner. Hearbs

Lastuca.

Storie for Table-talke.

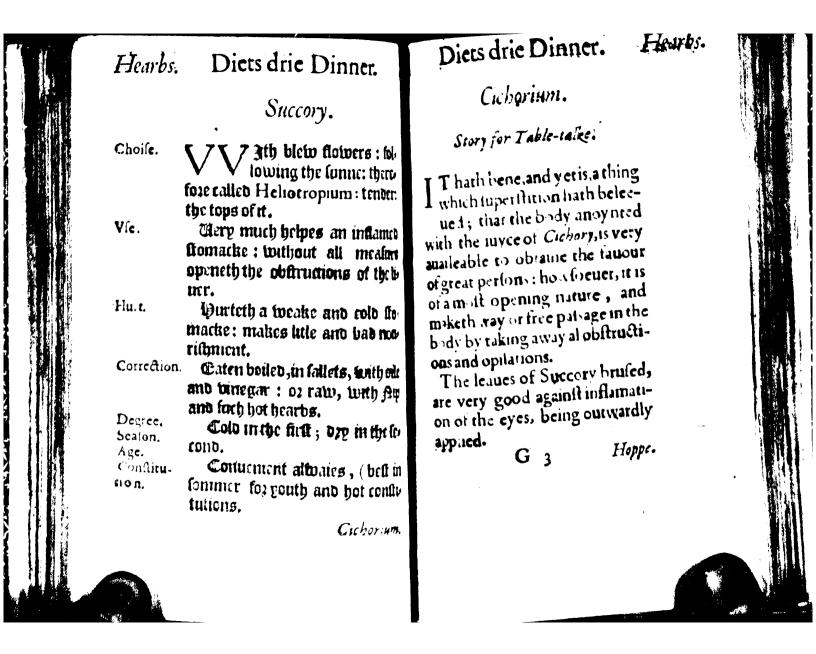
Galen commendeth Lettule thus: in a yong man, it abateth the burning heat of his stomack: vnto an old man it causeth sleepe. In olde time they ate Lettuse after supper, to represse vapors arising from the stomack to the braine, and to dispose them sclues to sleepe. For they vsed to dine very sparingly, but supped

them bigger and sweeter. Lactuca a lacte quasi Lactoca, because it breeds milk in women, faith Martiall.

Endini.

Dyets dry Dinner. FICATUS. Hearbs. Dyets drie Dinner. Intubus. Fudiue. Story for Table-talke. Choile. Arden: tender: not pet milky. I favouring med sweetly. Endoperation of Lectuse. Y.e. All wageth inflammation and thirft: prouokes brine & appea The wilde Endife is not fo tite; especially in tot weather. cold or moist as the Garden or Huit. Was for the Pallie; quivering of homegrowing, and hath a more the icents, and cold flomacks: sharpe and vigorous tafte. scmewhat seweth concocion. The wilde Endife is curled and Correction. Caten with Pip, the Calkes of crifped somewhat like to Cab-Mint, Rew, and such hot hearbs. bige Lettule, but much bigger. Degree. Cold in the beginning of the le-Bornge. cond: moill in the end of the first. Seafon. In hot weather for youth, chol Age. lericke, sanguine, and very hot sto Conflitumacks. Mon. Intubut.

Hearbs. Hearbs Diets drie Dinner. Dyets dry Dinner. Borage. Borago. Dimmonly bled, is that bern Choile. Story for Table-talke. Bugloffe of old. This therfox taken with the leaves. Appleius writeth, that they of Lucania calleth this Bu-Víc. Mondsoully cleanleth the blot recreateth e exhibitrateth the heart gloise Corage, because it and spirits, especially put in wine: bath an apparant sympathy and Arengtheneth all the entrals: very notable affinitie with the affects god for luch as are in recovery, of the heart. Whence in tract of Hurt. Somewhat bard of diaction: time the name is depraued: and Correcti. greatly annoyeth fore mouthes. B. put for C. Surely it is a most on. Seth it in very good flesh broath excellent hearbe, and of speciall Degree. Cold and moist in the first. vie. It hath this peculier vertue, Scalon. For any lealon, age, or tempera Age. that laied in Wine it strengthneth Constituture. and cheareth the heart, putting cion. Borage. merry conceits into the minde. Succory



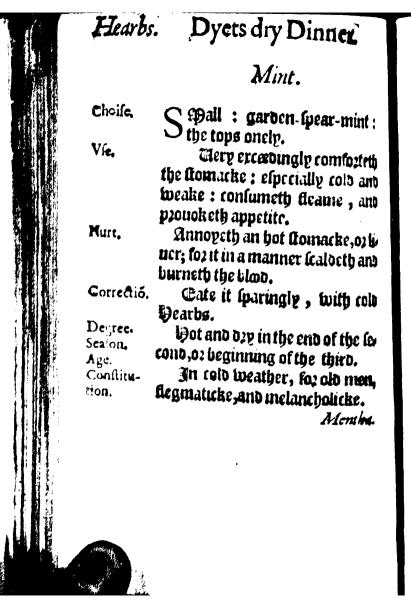
Diets drie Dinner. Hearls. Lupulus. Hoppe. Choile. De first buds, or yong brame thes shoting from the rote, not yet least, of a tender and Sender Calke. Víc. Pot only engenders lingular god humours, but also reducth them into an equall and due tenper: Arengtheneth all the entrals: makes pure and refined blod. Hurt. Somewhat flatulent: Auffeth the bead. Correcti-Boyled and eaten with Time on. ger and Dple. Temperately hot, moils in the Degree. first. Scason. Foz any leason, age, constituti in a yeere. Age. Constiru-Lupulu, zion.

Diets drie Dinner.

Hearbs.

Storie for Table-talke.

OVr forefathers knewe not Hoppe: howbeit it is a most excellent hearbe, & exceedethall other for good inyce : for cleanfing the blood, and scouring all the entrals. Besides the necesfitie hereof in brewing of Beere, is sufficiently knowne to Germam and England, and all these Northerne parts of the worlde: yet I know not how it happened (as he merrily faith) that herifie & beere came hopping into England both Mist.



Dyets drie Dinner. Hearbs

Mentha.

Story for Tabie-talke

The Poets faigne, that Afentha Proferpines Nymph, was meramorphosed into this hearbe, being taken at her lecher ty with Pluto the black Prince.

The Græcians liked the fauour of it to well, that they called it Hedro/mus, that is sweete-smell. Perhaps their mint was of better fauour then ours, for we have many other hearbes which descue that name rather then Mint: although it sauoureth very well.

G 5 Sorrell.

Dyets drie Dinner. Hearbs. Sorrell Sarden: or a very similar to, lour: the leaves no whit red, Choife. Víc. Restraineth choller: quen cheth thirst : exciteth appetite: co reth flures: is very hollome in bur ning and pestilential fevers. Hurt Grasperateth the Comacke: bin deth the belly: harteth melancho liffg. Correction. Gate it in Sallets with other hearbs, as Lettule which is moil, and Wint which is hot. Degree. Cold in the first, moist in the be ginning of the second. Seafon. In hot weather for youths, chol Agc. leriffs, and languines. Constitu-Oxabi

Dyets drie Dinner. Hearbs.

Oxalis seu Acetosa.

Story for Table-talke.

By reason of the tart taste, it is talled in Latin Acetosa. That is, Vineger hearbe. And in Lombardse they call it the sowre hearbe. It was wholly vnknowne to the Antique.

There be two forts of it, the greater sowne in Gardens which is the better: the lesse growing in the sields having lesse leaves, and the stalke like a speare, the leaves very red and shining.

Burnet.

Hearbs Diets drie Dinner. Diets drie Dinner. Hearbs. Pimpinella. Burnet. Storie for Table-talle. Choise? Dw: let in gardens for fallets. L with little leaves, notcht like a I T is an Hearbe that the aun-Sawand indented rounde at I cient were verte litle acquimbout the Merge: the Calke rco. ted with. Yet the Nomencla-Víc. Doth purge the reines and bladtors have referred it voto that fort der : verie much proudke vim: ofhearnes which are good against boyd the Cone and granell: vene the stone. god against the plague: put in The decoction of it made in wine, greatly comfexts the hart. pottage, is a present remedie a-Hurt. Hard of digedion: Auffeth the gainst the plague. Also the water belly: and in many, inflameth the distilled, is p sling good for that liver and blod. purpote. It is vulgarly thought to Correction. Caten rate in fallets, with other be put in wine as a cooler: but it cold hearbes. hea eth in the second degree, and Degree. Not and due in the second. ioyneth with wine in hisoperati-Scalon. Bod, especially in winter, for Age. on for the strengthening of the Con lituri. the aged, and melancholicke. on. heart. Perfly. Pimpinella.

Hearbs. Dyets drie Dinner. Persley. Choise. De braunches, afore either they flower of lad: the rates at halfe their growth. VIE Acry much prenoke brine and womens dure: clenfeth the luce and matrice: openeth the obstruct tions of those parts: is berie plea fing to theiltomacke: the occorion of it reliks porson. the Latin Petroselinum. Hurt. Is of no berie god unee: enflameth the blod: auffeth the head: is flowly digetted. Correction. Cate it little, rawe, with colve hearbes ; sodeen, in flesh pottage: the rate boyled throughly: Pot in the lecend, day in the end Degree. Scalon. cfthe first. Age. Cod lodden, log any lealen, age, Collimition. or conflictution. Petroselmum.

Diets drie Dinner.

Hearbs.

Petroselinum.

Storie for Table-talke.

The excellency of this hearb, accordeth with the frequent vsethereof. For there is almost no meate or fauce which may not have Persley either in it orabout it. Our English word Perfly, is a manifest contract of

The chiefest vertue lieth in the roote: second in the seed: last and least in the leaves: and yet these are of most vie in the kitching. Taragon

Dyets drie Dinner. Hearbs Taragon or byting Dragon. Aroen: in a fat & moil foile: Choife. I the tender branches 4 kauss £ ... not specad Epon the ground. Chiefe of hearbes for acrumony Vic. and favourines: Carotaliserang appetite and Elenus: conforting the fichiecke. Eurt. Atternateth the Elod, and burns t'e liver: naught foz hot constitute BUS. Cate it sparingly, with 130,1991 Cor: caion Actices, of Endine, Lettule, and tion thereof. fuch coling hearbes. Pot almost in the beginning of Perree. Scarn the third: date in the second. Acc. Foz colo,olo,phlegmaticke. Couff.iution. Drs.

Dyets dry Dinner.

Dracunculus Hortensis.

Story for Table-talke.

This is an Artificiall herbe: for it comment of a Lineseede put into an Onyon,or Leek, & fo buried in the ground. Husbandmen haue a stronge conceit of it (and not without some cause) that it is a preservatrue against the plague, & all maner of poylo inward or outward: experience and proofe is no detracter of the credit and estima-

H

Radish.

FIEWI US :

Dyets drie Dinn. Hearbs. Radifh. Choife. Tender: byting the tongue: most whise. WE English have greatly honour'd this roote, by Víc. Halpeth beinevoloth gra uel and fand from the remes and bladder: healety the stomackersla rificth the borce. Hurr. Causeth leannelle, belehings, beadache, and lice: burnes the blod: hurleth the tacty and eyes is Correction, Cowly conceard. Wherefore is bell eaten after meate. Det in the lecend: bey in the Degree. first. Scalon. In coide Weather, for youth, lamay it please you to fall to some-Age. bourers, and hot fromackes. Conflitu-Raphawhat else. Mon,

Dyets drie Dinner. Raphanus.

Story for Table-talke.

calling it a Radish, that is, Rader, a roote: as if this roote were the only roote, and all other rootes no rootes in coparison of this roote: or at leastwise that the Radish is Radix radicum, the roote of rootes, a roote indeede, a roote Cath' Hexochen (as the Rhetoricians speake, a most excellent roote. But I feare mee, I have overcloy'd you with rootes,

Caros

ricar us

Diets drie Dinner. Hearbs Dyets drie Dinner. Hearbs Carota seu pastinaca Carot or red Parinip. rubens. Choife. Co: great: fiveet. R Woughesth voin, Tenus, and Storie for Table-talke. Vic menthly flure: engenders Arot, that is, redde roote: milketopeneth observationstisps as some Antiquaries gesse. ferred atogs the Parlnip. Atheneus, quoting Diphilus, faith Hors. Williagli and bad nourishment the Grecians called the Carot Nowir biacited: perp windie. Philtram, for that it is thought to Prepara-Loople it throughly: then cate beagreat furtherer of Venus her tion. kwith variger, oyle, mustard, and pleasure, and of loues delights: collander. but although generally it furde-You the second, mora in the Degrae. 1eth Venus, yet it is especially to firff. Scalon. bee vnderstood of the wilde In colde weather, fo; all but Age. Conflituolde, and phlegmatique. Caror. Onyoni. tion. H 3 CATOIA

Dyets dry Dinner. Diets drie Dinner. Hearbs. Cepa. Onyons. Story for Table-talke. Choile. 'Dat grow in a mort forle: The word Onyon, comes of the olde Latine name Inio. great: full of tuyce: round, as the flemish. Víc. For so the olde Latine Ru-Ercite Wenus: increase late. flicks tearmed that which the latand milke: reffore appetitie: pie ter call Ceps. And the reason why ferue in change of water. Hurr. they called it Fnis, was, because Eaten raw, or much, cause headone herbe or branche (as it were) ache: burne the blod: bull the br groweth vpon one roote. Where-Derstanding: hurtes the eyes. Correctito accorde the that, that Columella Lapit siced a while in colowa on. faith in his 12. Booke and 10. cha. ter; then fathe it throughly. Degree. of Husbandry: Cepa simplex quam Votin the third, by in the fi Scalon. cond. Inionem Rustici vocant. Age. Fozold and colde onelg. Gar-Constitu-H 4 Son. Cefa

Hearbs. Diets drie Dinner. Garlicke. Storie for Table-talke. T Pat comes by about Hanh Choile, put in fallets, 02 bled dry: full of lyzigs and knots. V/c. Greene, qualifieth the colones and moulines of fallets: 3,9, it we fills porsons, cleares the voya, kils wormes, prouoketh vain, and Henus: confumes the falt rume m the Comacke. Hurt. Hurtes the voyding facultic beame: fight: head: very badfor women with childe, youth and hot constitutions: reviveth clook eales: burnes the blod. Correctió. Lionis a throughly, then eated with oile, bineger of other meates. De rece. Vot in the fourth, ozy in the Sca on. thurd. \mathbf{A}_{t+1} Bu co'de weather, so, the aged, Conflina. and phicginatique. \$190. Alsum.

Diets drie Dinner.

Allium.

Story for Table-taike:

Arlicke is of most specials where the disposition to vomit, coused by the roughnesses therefore they eate it by break of day. It may be rightly termed the poore mans phisicke.

Scallion

Dyets drie Dinner. Hearbs. Scallion or litle Onyon. Choise. CMall: like a Daffooill Kote: Dred : hard : fweete. Delpeth a faint Comack, land Víc. guiffing through onermuch heate: cauleth appetite: furthereth concodion. Hurt. Cauleth winde, aroffe humois, headache, thirff, decames. paits-Correction. Despared as the Onponicondite with Arong Tineger. Ople, & Salt: eaten with beuled Sage & Parly, moderately. Dotte in the fourth, drie in the Degree. Scalon. third. Age. Unholesome to hot scalon, agt, Cofficució. conditation. Cepa

Diets drie Dinner.

FLU.W US.

Cepa Ascalonia.

Storie for Table-talke.

Scalion, is so called of Asca-Alon, a Towne in Indea, where it is very plentifull, and was first found. Thence transplanted to Greece and Italy, and so to these The Latines call the Scalion,

Onyon, Lecke, and Garlicke, by one common name Buibus. The Scalion infinitely furthe-

reth Venus, as some say, that haue vsed it to that purpose. Leekes.

Diets drie Dinner. Hearbs. Leelies. Choife? Arden: sowne: in a mora Stoyle, or offen waterd; wine finall and fender: Vic. Paonolic brine, Monus, sinonth. ly flux: breaks taining: forominate bong, mendike the lange a lights: applied in a plainer, emotive ye niozholos. Hurt. 13200 melancholious humours: among the head: dimmethe light: procure frarefull organies: aucriag the Komacke: make vicers in the biabtic. Correction. known twile: then dretted with Ogle of luck Almonds, and eaten with Lettuse, Endine, Purlane. Degree. Potte in the third, drie in the fe-Scalon. cond. Age. Unfit nourishment for any but Constituti-

rusticke swaines.

Gn.

Porrum.

Hearbs. Dyets drie Dinner.

Porrum.

Story for Table talke.

The Emperour Nero tooke great pleasure in this roote: and therefore was nick-named Perrophague: which to Eng-

lish is as much as Welchman. Garlick, Onion, and Leekes, are very holesome, but their saueur is passing loathsome and of-

sensine. Wherefore some haue thought of a medicament to take away the sent of them. But none

like Syr Thomas Mores. To take away the smell of Onions, eate Leekes: and to convince your

Leekes, care a clowe or two of Garlicke: and if then Garlicke breath be strong, choke him with apiece of a T. with au. with an r.

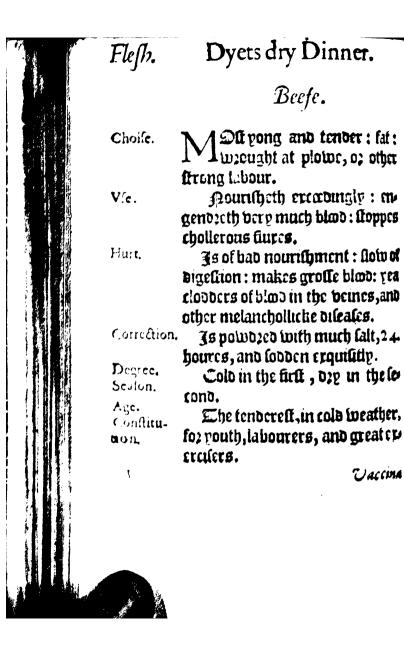
with a d.

Colewort.

Diets drie Dinner. Hearbs. Diets drie Dinner. Hearbs Brassica. Colemort. Storie for Tuble-talke. Aly the tender buddes, and Choife, long sprowies, cropt offthe MAister Gerard, in his newe Herbal, reckoneth 18 sorts herbe tuhole leaues are wide epen, and not compaded. of Coleworts, differing ei-Víc. Walfe for een, make foluble; tho ther in colour or forme. rowled. but de. It is called by the Gracians A-Anney under the lifts: especially Hurt. methystus, because it repelleth in form a zulian it is harder then drunkennelle: or because it reat other tunes. sembleth the precious stone cal-Prepara-Sathethem fielt in water, then led the Amethy f. The Apothication. (that occordion roll not in fat fich nes and common Herbarists, call breath, with Formel and Popper. it Caules, because it hath so good-Degree. Colo and the nathe fift. Scaton. lya stalke: so the right name is In the prince of the framg. Age. Cawle, not Cole. Conflitu-Veale. tion Braffeed.

Diets drie Dinner. ושום. Fl_{i}/h_{i} Dyets dry Dinner. Vitulina. Veale. Storie for Table-talke. Choile. A salucking Calfe, let rums THe Italians should be calfes ioze: from the Danie; fedin by their name; for Itaios in elicuss vallare. Greeke is the same that Vitalus Vi. Dominicth crecilently: makes in Latine, and calfein English. bill and clod: holeforms for them Therefore they collaude it by that exercise much. tearming it Vitella,id est goitam illis Ea t. Though pengand tender, pd dans: fignifying the holefomnesse being of grede substance, natural thereof to a good stomacke. It is ly hurteth the weake or in recomgood for found and ableconstitutions, not so good for the weake, Correction, Worled with rong Pullets, or licke, or languishing stomackes, fat Capons, and Partly. for it is of a lash and yet grosse Degree. Temperate in all qualities. substance, not very digestible. Scalen. For all lealons, ages, constitution Asc. Essex calses the prouerb praiseth, Confine Ons. and some are of the minde that tion. I sinlina. Walteme calfe was also that countrey man. Beefe.

Dyets dry Dinner. Help. Dyets dry Dinner. Flesh. Vaccina leu Bubula. Beefe. Story for Table-talke. Choise. A Dit youg and tender: fat: Iwacught at plowe, or other PEele, (quan Bone of Bos, an Arona labour. Vic. Doxe, Cone, or Steere. Pourisheth excadingly: m Su Thomas More in his Vgendzeth very much blod: Coppes topia Li.2, commendeth the Oxe chollerous flurcs. Hurt farre aboue the Horse. Is of bad nourishment: slowed Oxen, yeeld to horses in fiercedigestion: makes grosse blod: rea nes, but excell them in patience; clodders of blod in the beines, and neyther are they subject to so other melanchollicke diseases. Correction. many diseases, are kept with lesse Is powozed with much falt, 24 houres, and fooden exquibily. charge, and lastly, worne out at Degree. Colo in the first, ozy in these plowe and cart, yet are mans Scalon. cond. meate in fine. Age. The Oxe is the Country-mans The tenderest in cold weather, Constitufellow-labourer, and one of Ceres tion. for youth, labourers, and great cp ercilers. ir houshold servants. Prometive VACCIMA w, first slew an Oxe. Weibers



Dyets dry Dinner.

rlejn.

Vaccina seu Bubula.

Story for Table-talke.

Befe, (quasi) Bone of Bos, an Oxe, Cowe, or Steere.

Sir Thomas More in his Vtopia Li.2, commendeth the Oxe

farre aboue the Horse.

Oxen, yeeld to horses in fiercenes, but excell them in patience; neyther are they subject to so

many diseases, are kept with lesse charge, and lastly, worne out at plowe and care, yet are mans meate in fine.

The Oxe is the Country-mans fellow-labourer, and one of Ceres Fir houshold servants. Promether

Wethers

w, first slew an Oxe.

VACCIMA

Flesh. Choile. Víc. Hurz Degree. Scalon. Agc. Conflins. cion.

Diets drie Dinner.

Wethers Mutton.

TOt yet of the first Shere: 1 I theepe Weether, not Goate. Makes very much and ber

god nourilyment: for the weake. Dide, is unbolefoure being cos

rupted with age . and overmed bried, for want of his froncs. The rouger, borled, is eaten

with opening and cardial borbes. Eemperately hot, and morfi. For any time, age, conflictution, 92 region

l'ernen.

Dyets drie Dinner.

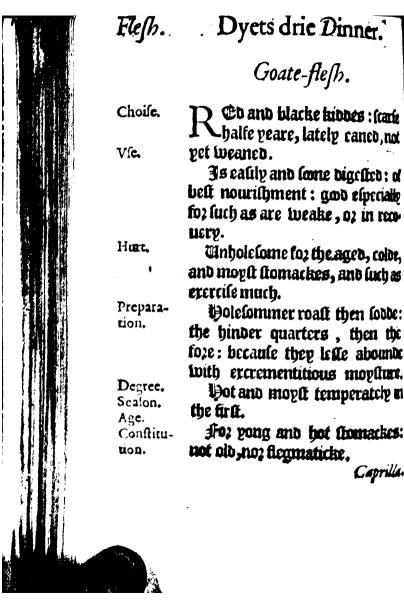
Veruex.
Sury for Table-talke

Those things which are most necessarie vnto vs, by Gods great goodnes are also most common: what more necessary to life then ayre, and what more obuious!infomuch as that onely is the Eliment, clineno Tyranecan de-

prine the meanest Vallali off, not taking away his life. Amus & igmi interdici parest, so the most holesome and commentent meate for fultenance of our bodyes, is mut-

ton, and beefe : of all other fielh molt comon. I dare say there are no foure other fundry meares wherewith were may continue longer tull fedde, with leffe loathing.

Goste



Goate-flesh.

O Co and blacke kiddes : scark

halfe yeare, lately canco, not vet weaned.

Is easily and some digested: of best nourishment: god especially

uery.

Unholesome for the aged, colde, and moult stomackes, and such as

exercile much. Holesommer roast then sode:

the hinder quarters, then the fore: because they less abound with excrementatious moylims.

Hot and mogli temperately n the first.

For young and hot Chomackes: not old noz fleamaticke

Caprilla.

Flesh. Dyets drie Dinner. Dyets drie Dinner.

Caprilla.

Story for Table-talke.

Carpeth and biteth off the yong buddes and sprowtes of plants and thrubbes.

That which we call a Kidde, the Italians call Capretto, till it be halfe yeare olde, and then they wher the name.

Anheard of Goates finding Eringium, gather together to it, and depart not thence, vntill they have eaten it all vp quite and deane. They can best render the reason, who are goansh and loue to eat Eringoes.

Tambe-

Diets drie Dinner. Flesh. Lambe. Male, a yeare olde, fit for fear forming: not in winter. Choife. V.e. At is of erceding god and plentifull nourithment: religing melancholly; best for an hot con Citution. Hurc. Sucking Lambe, is creating moral, therefore nought for phligmatique Comackes. A rerling, roalled, and eaten Preparatió. with Rolemary, Garlicke, Sacc, cloves, and fuch hot things. Degree. Pot in the first, mort in the le cond, (the lucking is mort in the third order. Scalon. For hot weather, youth, and Age. Constitutio. chollerists. Aguns,

Diets drie Dinner.

run.

Agnus.

Story for Table talke.

I F the Southwinde blow in fea-I soning time, the Sheepheardes may looke for Rore of Ewe lambes; if the North winde, then for Males. So soone as the Lambe is ea-

ned, it knoweth his damme, and presently gins to play, and dally with her. All femall mutton, or under à

yeere olde, breedes bad inversion it is overmoy it, making, thicke and clammy humours It is no meato for cold leafons. Spines

Diets drie Dinner. Flesh. Swines Flesh. Choile TD2 olde, noz thinne; but of a full groweth, and middle age; male: fed in the fields. Víc. Doth reeld very much and be ry god nourithment, fo; labourers especially: keeps the paunch supperie: pzouoke bzine. Hurt. Durt olde folke, and those that line delicately of at eale; halten the Cointe and Sociatica. Correctio. The leane of a yong fat Hog ea ten moderately: with spices and such hot things. Degree. Hot in the first, moist in the end Scalon of the second: Age. In colbe weather, so youth, hot Constitu-Eon. Comackes and labourers. Porcus.

Diets drie Dinner.

Porcus.

Story for Table-talke:

IN olde time they detected Swines fleth, accounting it ouermoyst; especially sucking pigges; or young shotes: and surelythey were wifer then we: our appetite, captinates our reason in this matter.

The most tollerable, is such as is at his full growth and naturall persection. Which slesh questionles commeth neerest to mans in taste and sauour: especially being a laste powdred. Baco may be eaten with other slesh to prouoke appetite, and to cut asunder sleame cloddered in the stomack.

Dyets dry Dinner.

Wilde Boare.

Yong: fat: tender: much chave fed: in winter.

Vie. Ofmuch nourithment : is

hit meate for great excercilers: id hie of vigetion.

Pought to: also are interesting in making froze of exercimental one and superfluence homeours.

Preparacarued into Acades, and spiced: o2 as the Italians make their Brolardieri; o3 else baked with Koze

of spice.

Dot and moy lin the first, temporally.

In colde weather, for hot and laborious.

Dyets dry Dinner.

Aper seu Apcugna.

Storie for Table-talke.

In the beginning of winter the wilde faine gender; and about the prime of the spring they pigge, in desart, streyte, craggie and devious places.

If they bee at any time sicke, their physicke is luie. They are so so loade with the weight of their win, that Hunters surprize them at such time as it vrgeth them, not giving them leasure to voy de it, and so not being able to cscape by flight, take thm.

P. Sermilius Rullus, first serued in Wilde Boare to the table, mongst the Romaines.

Red

Flejh

Diets drie Dinner. Flesh. Red Deere. Chaile. Tong; and (if it may be) luch as yet sucketh: gelt so sons as it is calfed. Víc. Is of creeding god nourily ment. Hurz Dide, breedes cuil humours: harde of oigellion: cauleth a quar tane fever. Prepara-Roaff, og baked in paffics, lare tion. ded with the fat of other beaftes. Hot somewhat remisty in the Degree. Arti: day in the second. Petther for hot weather, nor Scalon. for olde folkes, very bad for mer Agc. lancholiffs. Constitutien. Cernus.

Diets drie Dinner.

rusn.

Ceruis

Storie for Table-talke.

Storm for 1 mon-mine

Hartes flesh yeeldeth but grosse and melancholious nourishment. Eate at breakfast, it is said to prolong ones life:

at supper to a bridge the same.

The Hinde goeth 8. moneths

with her yong, which so soone as she hath calued, she exerciseth them to the race: carryeth them to steepe down-fals, and teacheth them to leape.

It is a most simple and innocent Animall, howsoeuer nature in a mockery hath armed it most magnificently. It is the very Emblem of a Gull, girded to a sword, being as hartlesse as the Harris.

Dyets dry Dinner. Flesh. Fallow Deere. Y Dug: fat: very well chalch, hang's build ie be tender. Cheife. Douricheth better then & Víc. ny other Ucnison: especially resi seth the collecte, e palice: goods; fuch as abound with humours. Hurt. *Yurteth the leane and thinne:* for making dry L'wd, it annores the finewes, especially being olde. Correction. In roalling, bafted throughly with oxic, ozlaroed very much. Degree. Hot and dry in the lecond. ! cason. phin. Badicz youth, and chokeriffs: Age Constitutio good for them that have the palle, and Roze of rume. verses: thus. Dame. The Bore is feared for his tosh, Are nak'd on enery part.

Diets drie Dinner.

Dama.

Storie for Tuble-talke.

T is a rare thing to see a tame

1 Doe: and yet it may hardly be tearmed wilde: howforuer the Latines call it, Fera in specialla and the flesh thereof Forina. For

there are many brutes which are Neuross, neither wilde nor tame,

but in a meane: as the Swallow amongst Foules: amongst Flies the Bee: mongst Fishes the Dol-

Martiall hath penned the Does lamentable women-tation in two

Hu hornes defend the Hart: But we poore harmles hartles Does Hare.

Flesb. Choile. Víc. Hurz Preparation. Degree. Scalon Age. Conditu tion.

Dyets drie Dinner.

Hare.

TDng: well coursed.

I At maketh Clender: cauleth good fresh colour in the face.

Slowly digested:engenders me lancotike blod:much eaten,makes

Reepie and describe.

Farled with fuet, as gobbets of

ion. Larde, and spices.

gree. Pot and by in the lecond.

In winter, to youth & languine:

The molancholita of futures.

onding not to; melancholilis o; lindents.

Lepnu.

Dyets any Dinner.

Lepus.

Story for Table-talke.

Hares flesh is good for those that wold be leane & saire.

It is a received opinion, that vie of Hares fleshe procureth beautie, fresh colour, and cheerfull countenance, for a sevenight space: in so much as the Italians have aby-word, which speaketh thus of a faire man, He hath eaten

And Martiall mockes a foule fowe, telling her that shee heah not eaten any Hares sleshe of a weeke. It runneth most swiftly, especially up the hill: because the fore feet be shorter then the hinder legges.

2 Conny-

Dyets drie Dinner. Diets drie Dinner. Flesh. Cuniculus. Conny. Story for Table-talke Choife. Mang, fat, in winter, hangd a night in the cole. BEcause the Conny is some-what like the Hare, it is called Víc. Affordeth Afore of verie and nourithment:confames all cogrupt (Paruus Lepus)the lesse Hare. humours, and fleame in the flo. It taught the fouldier to vndermacke. Hurt. mine his enemy, by earthing: Hurteth melancholists, and olde which the Latines tearme Cunifolkes. Preparatió. culum agere) to play the Conny. Parboyled: then roaffed, with And yet (alas) of it selfe it is very lwate hearbes, cloues, and other Conny, a most simple Animall: lvices. Degree. whece are derived our vival phra-Colp in the beginning of the first: les of Conny, and Conny-catdrie in the second. Scalon. In hot weather, somewhat bu ching. Age. There is so great store of Con-Constituholesome so; the sozesaid. nies in the Baleares Infula, viual-HOR. Cuniculus. ly called Maiorica, and Minorica, that oft they waste their whole crop of corne, and cause extreme dearth in those Ilands. Capon.

Diets drie Dinner. Dyets dry Dinner. Flesh. Capo. Capon. Story for Table-talke: Choile. Mng: fat: well crammed: let Y pp a fatting in a wide Cope. COnamed, for his excellencie, Víc. Dand chiefe worth amongst all Delos to mans body better foules of that kinde. It makes nourithment then any other meat: perfect blood. The Italians deprincipally good for the braine: pro nue the name of two Hetrurian cureth an equal temperature of al words, Quá pone: that is, buc apthe humors. pone : set it afore vs : as much as HHIE. Giveth such as take their cale, our by-word: It faith, Come cate overmuch nourishment. me. So these two words, Eate it, Correction. Eled moderatly, and with extraare the volettered mans latine for ozdinary exercise. Degree. Pollelleth an equal temperatur any good meate. The eleuenth yeare afore the Scalon. of all qualities. Age. third Punique warre, Caius Fan-For any time-age-constitution. Constitunius Consull, made a decree, that tion no foule should be served to the Cape. table, but the Capon or Henfatecd abroad. Turkis

Diets drie Dinner. Flesh. Turky-Cocke, or Ginny-Cocke. Choife. Dng; fatted abzoad; in winter; hango all night. Víc. Df very plentifull and very god nourithment: restoxeth bedily forces : paffing god for fuch as are in recovery: maketh Hoze of lede: cnflameth Henns. fleih. Was for those that line at case: Hurt. disposeth to the gout, and such this deflucions. Prepara-Caten little and feldome; spiced tion. throughly in roading. Hot and moill in the lecond. Degree. Scalon. At any time, to, any but decrept Age. Constitutio. Galley

Diets drie Dinner

Gallus Indicus.

Story for Table-talke.

T may be, the vulgar for Indy 1 Cock, miscall it Ginny-Cock,

The Cocke, Hen, and Chickens, are all of one nature: the Chicken is preferred for tender

The Ginny-Cocke was first brought out of Numidia, into Itah, and not from India. The Græcians call these foules

Meleagrides:induced thercunto, by Poeticall fiction. For (they fay) Meleagers Sulters were transformed into Ginny-hens, while they mourned for their brothers death

Peacocke.

Diets drie Dinner. Flesh. Diets drie Dinner. Flesh. Peacocke. Pauo. Chaile. Storie for Table-talke. Dng: feb in a most cleare and open place: tender. Vie_ DEacocke, is very hard meate, Pouritheth ercædingly: A T of bad temperature, & as euil for hot Comackes Mure iuyce. Wonderously increaseth Ward of digestion: breeds me melanch sly, & casteth (asit were) lancholious bloo; unfit for ide aclowd vpon the minde. It layfolkes. Correction. eth at the third yeare, and liueth The throate cut, and hanger fiue and twentie. It is so spitefull with a waite tyed at the heeles, in & enuious, that it eateth his owne some cold place, fisteene dayes. dung, least any body should make Dzinke god wine bpon it. Degree. Hot in the second, dry in the any vie of it. Scalon. Great Alexander, imposed a firit. Age. great penaltie on him that killed Constituti-For colde weather, hotte fo mackes, and great exercilers. a Peacocke. Quintus Hortensius, the Ro-Pau. mane Oratour, fielt let it vpon the table, beeing himselse a persect glutton Pigions.

Fle[h. Dyets dry Dinner. Piceons. Choile Hat first assay to goe, and get their owne meate:plump and fat. Vic. Ture the palie, proceeding of a cold cause: ercite Menus: increale heate in the weake: purge the reines: are easily digested. Hurr. Enflame the bloo : annoy bote collitutions, and their heads which ne, Stockdoues: other Torquata, which delight to eate Pigeos heds: therefoze we alway behead them. Correcti. Boyled in fat flesh broath, with on. Meringce, Plums, sower Cheries, weservative in time of pestilence o; with Ameger and Coziander. Degree. Hot and moill in the lecond. Scalon. In cold weather, for old folkes, Agc. and Comackes full of Ceame. Conflina. BOL Pipie. Noah.

Dyets dry Dinner. Pipio.

Storie for Table-talke.

VIlde or wood Doues, are but dry meate. They liue 30. yeares. They are mute all winter long,

in the spring they begin to mouth it. Some of them are called Vina-

Ringdoues. The house or tame Pigeon is much the better: yet a kle too moyst. Their flesh is very

anling of corruption. It is the Emoleme of sincere and simple meaning, also of pure loue, voyd of all malice. It was good Angell to

Gosling.

Diets drie Dinner. Flesh. Gosling. Choile, ? YOng: fat: bred in the champion, and free ayre. Vic Példes very god nourille ment: fatteth the macilent. Hurt. Fils the body with superfluors cholious, their colour fwort, and hunicurs: is flowly concoded: (the Ath of an oide Cole, cauleth a feuer.) Correctió. Stiffed with bozage: smoake id in at the throate; then farled with Iwate herbes, and spices, and so roaff. Decreed Metellus:other to Scipio. Bot in the first, mort in the Seaton. Gecond. Agc. Conflitu-In colde weather, for hot fo tion. mackes, and great exercilers. Pubu

Dyets drie Dinner. Pullus Anserinus.

rujn.

Story for Table-talke.

The lewes are great Goole-eaters: therefore their complexion is passing melan-

their diseases very perillous. The liver and wings are best,

especially of fat Geese. Sessius, first commended the goodnes and pleasant taste of the Goose-liuer: some ascribe it to

A gard of Geelekept the Capiell at Rome, in times palt.

A Goose, is the Embleme of meere modestie. Ducke

Dyets drie Dinner. Flesh. Dyets ary Dinner. Flesh. Anas. Duck or Mallard. Story for Table-talks. VDng:fat:tender. Chrise. Dooth nourish creating Fall foules that vie to flocks Víc. much: fat: canle very and co. Uthe Duck is the horrest and. lour: cleare the voice: increale lev: moistest. The liver and wings are dispearle winde. most commended. Martiall wiltiyet. Bet them an heate that are cold. leth the whole Duck to be fet aand them; a feuer that are hote: W fore him; but he chooseth onely gelt hardly: peeldes but bad now the neck and the brest, and sends riffment. the relicks back to the Cooks. Correction. Is perfumed at the mouth with They hatch their yoong neare. Borage, and lo forth, as it is laid of vnto Lakes, and Fennes; but so the Gelling. soone as they are out of the shell, Dogree. Vot and moist in the second. they take the water, and after-Scalon. In colde weather only, for hot ward mount vp into the ayre. Age Conflicuto. Ifomacks, and Inch as de great op Pheasans. ettife. Aml.

Dyets dry Dinner.
Pheasant. Diets drie Dinner. Flekr Flesh. Pheasianus. Pat, gotten in hawking in wind Choife. Storie for Table-talke. Víc. Emp inhericks scurrenism DHealant, in digestion and reth their Archath that are in reco I nourishing is very like Hen? ucry: of lingular good nour figurent yet more toothesome: in a helpeth a weake flomacke. meane betweet Capon, and Parat Hurr. It onely makes the Strains, mich. Passing restorative for the theat winded, thinge and macilent. Correcti. Therefore good Peafant. It taketh his name of Phasis, a on. Touchnot the Phealaut, river in Choichis. The Italian vul-. But laucthy we lant: gars, call it Fasan, quasi faciens sa-Degree. Yar fornewhar pleasant. Scaton. mon: because it is so exceeding Temperate in all qualities, in Autumbe, and winter, for Age. holelome. Constitu-It is much molested with lice, tion. ang. which it riddeth it selfe off, by This tumbling in the dust. Pertritch.

Dyets dry Dinner. Diets drie Dinner. Flesb. Flesh. Perdix. Pertritch. Story for Table-talke. Chaife. Dng: female: like Chickens: fed in the house, if it may be. Víc. He Partrich neuer lives 16-Péclos excellent nourisb ment: lane digelis: fats: dues by L ger then 16. veares. superfluous humours in the sto-It is not good, if not yong. The Henne is better then the mack: very healthfome for fuch as are in reconerie: Cock. Hurt. They are so venerious that the Poung, hurts none but there Cock oppoled to the Henne on Acks, the old be tougher and of the windle fide, the conceineth Correcti. bab fauour. through the winde that blowes on. Eate the young, bang the old at Degree, night in the cole. from him. Scalon Cardan thinks the Hen is part-Hot in the first, dry in the second, Age. Constitu-For all, in cold weather, especi ly Cockith. If they teele themselues sicke, tion. ally the young ones. they purge themselues with Lau-Permis. reil. In Paphlagonia they have two harts. The Partritch is consecrated to Impiter and Latona. Turtle. L z

Dyets try Diffrect. Diets drie Dinner. Flesh. ·Turtur. Turtle Choile. 3. Storie for Table take Choise. TOng: fatted in the houle a L while, afore it be eaten. A.T the beginning of the Víc. It pleafeth the taffe: afforms .57.7 Antespringe they Hide themvery god nourishment: digesten leties, because they then eally: comforteth the Comacke: .ture. cast their feathers, and are in a Marpeneth & wit: cratch Claus, Hurt. maner naked. Suga Sell Weing erceding den hurts that Whisa thing noted in the Pur-noillowed leruis, and melancholds. t'e, that while it drinketh, it lif-Fedde in the house with mora Correction. Degrees sellinot up her head, as all other meates, then kill and hangu two JIN 32 birdes doc special addition can nights in the coole. Acc. The time offer life; is eight Degree. -mittoo? Hot and dep in the second. Scalon. 1. In colde weather, to; old folkes, Age. Ir purgethir felf with an herbe Constitutio. and phlegmatike. that groweth vpon walles. Time. Quaile.

Diets aric Dinner. Coturnix. De fed with Pellebore a Beare-lote: taken with the Bhoile. Storie for Table-talke. Am much in doubt whether Duaile-pipe ; fat and tender. Vie. Doth beipe melancholits and 1 Cournix be our Quale. Cardas also doubteth: and his maby moistning their dry constitution Cally corrupteth in the formack: Hure. ner of doubting, maketh me dout more: for fetting downe fixe deinniteth the Ague, Palfie, Crang. grees of delicates that please the Baten with Winegar and Cop Correction. taste, he maketh Quai'e the first anner. dish of the first course. His words Pot in the end of the first : most Degree. are thele: Aues videntur primum Scalon. in the end of the lecond. Age. locu vendicare, atque unter cat qua-In cold weather; hurteth old Conftimlea: seu sit Coturnix, seu non, band folkes, paralytick, and flegmatick tion. refert. I am sure all other writers Coturns. giue Coturnie their euil word, affirming that it is a breeder of the Crampe, Palsie, and Falling sicknesse: and in a word, passeth for badnesse. Thrulb

Flesh. Dyets dry Dinner. Thrush, Manis, or Blacke-bird. Choile. A cold weather, fat : sed with This Lataine name, foundeth to English cares somewhat holly, Juniper, and Pertlebu rpes. Víc. vasauoury: but much worfe Is of bery good insece : calify of as I have heard it joyned with ogested : very holesome so; such as are in recouery. Hurt. Paught for those that are sobied to the migram, or fremie. Preparatio. Sod in god fielh broath, with partly, and other opening herbes. Degree. Hot and dry in the very ende of Scalon. the first. Age. In colde weather, to, any, but Constitution olde folkes. Turdus. us accipe. Plany report th, Agrippa Claudeus Calars wife, had a Mauis, that did speake very plainly.

Diets drie Dinner.

Help.

Turdus.

Story for Table talke.

ther like Confonance, As for exan ple. Edo Fartum, & Turdum pistum. But there is nothing euil ipoken, but being euill taken. Now because it figuries diversly, a Thrush, a Black-birde, a Manis: iome may bee delirous to know it all these bee much of a nature, yet Virum horum, which is best and holelomest. Therefore to his Firam born. I answere, Ma-

Fores.

Diets drie Dinner. Flesb. Egges. Choife, F yong and fat Vens: Cock trooden: new laied. Vic. Pourily lone, and much: ercite Henus: lupplying matter in; it: very much helpe them that are bands. in a confumption : open the breat: Egges have the possibilitie of Cay spitting of blod: clarific the boyce. Hure. Omter the concoction of meates eaten presently after them : make the face frecklen. Correcti Cate them boyled: the yolke on ly: and pawfe betweet Egges and ture. other meates. Degree. Temperately hot and moyli. Scalon. Acto, for all featons, ages, cou verie holesome. Age. Stitutions and diseases. Conflinu. Han Over.

Diets drie Dinner.

Ovum.

Storie for Table-talke.

C Gges (some thinke) because Lither egge on backward huf-

being living creatures. The white is cold, the yolke hot. They nounih foone and much, by reason of the pliable lost nelle of their substance and temperature: very proportionable to our flesh and na-

Not only Hens Egs, but Parmitch, Phelant, and Turkies, be CATPS.

Flesh.

Dy dricets Dinner. Fish. Diets drie Dinner. Fish. Cyprinus qui & Carpio. Carpe. Story for Table-talke Cheife. Pensocuer you can get itarcatechtle. One of the Greeke or La-Vic. Pourthith bell: tai I Vine writers, eucr knewe this Acthmost excellently, and erquifitely : in all mens indgementisa fifh. In Italy it is somewhat rare, filly of chicie note. Hurt. and thought to bee onely in the Oncly it is foonetainted, there lake Benacies , and the lake comfore drelie it prefently. Preparamonly called Della posta. Lay it scaled and gutted fire tion. It spawneth about the beginhoures in falt: then fry it in ork, ning of the lummer. and be purched with binegar m Many are of the minde, that it which Spaces and Saffeen have execth gold because in the guttes borled. Degree. are found no other excrementes, Temperately hot and mort, buta bright fin I glittering like in the legal range of the first. Scalon. golde: and belides, it line hal-Aspary scalen, age, excertiv Age way at the bottome of the lake. Conflitution Inticita Trout Cyrinus

Dyets drie Dinner. run. Dyers drie Dinner. Fub. Trocta seu Turtur. Trout. Story for Table-talke. Choiles Thick : caught in May : in a I fust running Kiver, full of T is very much commended dependent lals and kocks: I for good nourishment. Infoand not out of frambing poles. much as it is permitted vnto Víc Pourisheth well: some vigested: one sicke of an hot ague. That it pælds cole fuyce for an over hotts is passing holesome, our vulgar prouerbe accordeth: As found as Luce and blod: therefore god in bot Aques. Trout. And another phrase, It some putrifieth: scarle fit by Hurt Fish-whole, I think is most ment old men, and weake formackes. of the Trout. Correction. Southe it in inft somuch Mineger It is a fish that loueth to be flatas water: eafe it with sower sance tered and clawed in the water: by alione as you can, which meanes it is often taken. Cold in the beginning of the full, Degree. Sturgion. moill in the ende. M In hot weather for all ages, but Scalon decrepit: energ temperature box Age. phlegmaticke. Collimia Trolla

Diets drie Dinner. Dyets drie Dinner. Fish. FI/IZ. Stwgion. Sturio seu Acipenser. Choife, R Aver: for it is fatter, and then, fore more gratefull to the pa Story for Table-talke late, then lea Sturgion: m DLim in his 9 booke of Natusommer : the belly of it. I rall story, and 17. Chapter, Víc. A friendly oith on the table: bu writeth thus. In former times ry daintie, and of chiefe account: Sturgion was counted a most nonourisheth very well: inciteth we ble Fish: now it is of no reckonus: coleth the blood moderately. ming: the which I much maruell Murt Paught for the licke, or in reco at, fithens it is fo rare. We may very: for it is come what to fatte: now a dayes vie Plinies wordes, makes thicke and clammy ingue: with an inuerlio of the lense. For Howly digelled. what fish is there almost now of Correcti. South it in water and bineger: greater esteeme? on. let the fauce bewhite vineger, with It hath his skales turning toa litle Cynamon og Fennel in it. ward his mouth, and swimmeth Degree. Hot in the beginning of the first, against the streame. more in the second. Scalon. In hot weather: foz all, but those Age. that are plagued with distillations Conflitutio and discased tornts. Suria

Diets drie Dinner. Fish. Fish. Diets drie Dinner. Lamprey. Lampreta. Choile. Juer: in Warch of Aprill, for Rate: in war and the then it is notably fat, and the Storie for Table-talke. backe bone marrow tendereff. Víc. TEarmed so, a Lambendis Pe-It hath a most excellent fine ro lift: nourisheth passing well: in 1 tris: a Suck-stone. About the beginning of crealeth læd: a Lozdly duh. the Spring, it enters the fresh wa-Hurt. Somewhat Aswe of digestion: tersand in Summer departeth aespecially not boiled inogh:naught gaine into the sea. Whereas all for the Gout and fæble anowes. other fishes have finnes to swim Correcti-Choake it with white Wine, withal, some more some lesse; the stop the mouth with a Put-meg, OA. Lamprey hath none at all: but and the other holes with Cloues: moueth in the waters, as Snakes then fry it with Auttes, Bread, and Serpents creepe & glide vp-Dyle, Spices, and white Wine. Degree. Temperately hot, moral in the on the earth. Many in England haue surfetfirst. ted of Lampry pies, as our Chro-Scafon. For any leason, age, constitution nicles will tell vs if we looke into Age. on, but decrepit, goldtie, and vilcae Constiruled linolyes. them. Eion. Mullet. M 3 Lampreta

Diets drie Dinner.

Mullet or Barbell.

Choise.

Of the letter tize: not taken in muodie places, or tsanding lakes, but gravelly a cleare.

Vie.

Pleating to the palate: the fish applied, cures the bitting of bencomous things: or any harme done by womens mentiruous flure.

Huce. The wine wherein a Pullet's Aifled drunke, deprivath men of a genital vertue makes women barren: the meate is hard and flow of digettion.

Correction. Moall upo a griviron, spanckles with Dyle, and the inyec of Dan ges: 02 boyled & condite with The neger, sweets hearbes, and Sal fron.

Degree.
Sealon

Wot in the first, dry in the beginn

Sealon.
Age.

Constitutio, In hot weather, so; youth, those lericke, Arong Amalia.

Malia

Dyets dry Dinner. Fish

Mullus seu Barbo.

Story for Table-talke.

Barbo, bicause it hath a double beard upon the neather lip.
And thersore Tully in his Paradox, calleth those that are well barbed, Mulli. Fenestella thinkes they were called Mulli, because they are in colour like the shoes of the Almane Kings, and the Paradouble the shoes.

tricy amongst the Romans: which Shoes were tearmed Mullei, of

Millo, an obsolet word, fignify-

Sowters do.
The Romanes prized this fish at a wonderfull high rate. It is incredible to tell what Asinius Celer and Crispinus, gaue for a Mullet.

Tench.

M 4

Fish. Diets drie Dinner. Fish. Dyets drie Dinner. Tench. Tinca. Storie for Table-talke. Choife. Cmall: Kluer: in Automne o Coninter. THe Anticke make no men-Via It little benefiteth the bodic: 1 tion of this fish: not respebut only as some think, cut length Aing it in deede, because it wayes in halfes, and applied to the was so common, and the poore soles of the feete, Clancheth the heat of Aques. mans prouin. Onely Tuliy, in his Booke de Is flowly digested: heavy on the Hurt, claris Oratoribus, mentioneth one stomacke: bad nourishment, espe-Placentinus an Oratour, who was cially in the Dogge dayes. called Tinca, for his merry con-Correction. Bake it with Garlicke, swett hearbes, and spices:02 boyle it with ceited wit. It is onely to be found in fresh Dyle, Dnyons, and Raylons: farwaters, riuers, lakes, and ponds: led with Garlicke, Parlly, and To and is fittest meate for labouring neger. Degree. Told and moyl in the fecond. men. Pike Scalon. In Autumne and Winter, for Age. youth, collericke, and very labour Constituons. HOD. Tinca.

Fish. Dyets dry Dinner. Pike or Pickerell. Choise. Juer, rather then Pond, and -Pond not muddy: great: fresh: new, and fat. Víc. It nourisheth much, the tawe bones burnt to power, and given the weight of French crowns in Wine, will breake the Cone. Hurr. Waro of concoction: baddenw triment: burdeneth the belly: in crealeth fleame: naught for the ficke. Correcti. Seeth it with sweets hearbes, on. and ople, eate it with white bines ger: 03 byoyled, with wild mario ram and bineger. Degree. Seafon Colde and moult in the second. Age. Being hard meate, it is fittelf Constituto; winter, youth, and chollericke. TION. Lucua.

Diets drie Dinner.

Lucius.

Storie for Table-talke.

Noryet of the pickerill haue old writters recorded any thing, which is companion and an allociate of the Tench: by rubbing vpon whom, the Pickerill cureth himselte of any wound or hurt received.

It is a very rauenous Fish, deuoring any thing be it fish or flesh that lyeth in his way.

It is no meate for those that be ficke or weake, what soeuer triuiall Leeches prate.

Fels.

Fish.

Fish. Dyets drie Dinner. Fele Choise. Taken in a landy lea, not mud, dy: in Parch: decled pro sently. Víc. Walleth very pleasantly: now ritheth marueilous well: may ba kept long falt: god for the stomack against fleame. Hurt. Somewhat windie, especially the backe of it: also over morts. Prepara-Roalf in a leafe of paper, with tion. oyle,pardy, coziander: 02 kæpen condite a day o; two with falt and ozigan. Degree. Cold in the beginning, moral in the end of the first. Scalon. In the spring, for any age, or Age. Cofficutio. temperature, taken moderately. Anguilla,

Dyets drie Dinner. Fish.

Anguilla.

Storie for Table-talke.

Storie jui 1 months

The generation of Eeles is in nature very easie: but to our vinderstanding passing difficult. For they breed even in dryedlakes, presently after a sudden raine, of the very corruption and slime of the soyle.

Atheneus fayeth, he himselfe sawe in Arethusa of Eubea, Eeles with silver and golden earings, so tame that they would eate meate out of ones hands.

The Ile of Ety, may be called the Ile of Eeles: for the aboundance of Eeles which it yeeldeth. Roschet.

Fifh. Dyets dry Dinner. Rotchet. Tew fooden: and eafencode Choife. Cender meate, and grate, Víc. full to the palate: raffic digo sed: nourisheth very well: crea bingly holesome, if continually Hust. vsed. Whatsoever fault if hath, prevare it as folic weth. Preparatió. Fry and condite it with Dange iuyce, and peper: 03 eate it hot with beneger. Degree. Temperate in the active quali-Scalon. ties, morst in the first. Agc. West in winter, sozany age, or Constitutemperature: moderately taken. Mon. Erythmos.

Diets drie Dinner.

Fish.

Eythrinas.

Story for Table-talke.

He Gracians so tearme it because it is red of colour. The Fenetians call it Arbor: the Latines in imitati-

on of the Grakes, Rubellus. It is a Seafish, neither comes at

any time into the fiesh waters: It harbowreth some time about the fhore. So foone as they are spawned,

they are presently full of egges-And therefore (it is thought) they be all fæmall.

They vse to rout together, and roue about the sea in troopes. Oyster.

Diets drie Dinner. Flesh. Oyster. Choife. Hat that growes by on great thips bottomes, or in places Vic. not muddy; in those spor neths that have the letter R. m their names. Hur. It hath a kinde of fall imee in it, that affecteth the palate more then other feell fiftes: creiteth ap pelite, and Uenus: neurishth litle. Prepara-Somewhat hard of degistion: ti n. greatly increaleth fleame in a cold Comacke: causeth obstructions. Degree. Declie it with pepper, oyle, the juyce of lowe Deanges: after it be roalted on the imbers. Scalon. Pot in the first, necessin the fer Age. ford. conflitu-For cold weather, routh, cholletion. rifts, and hot Kemackes. CST CHEST

Ostreum.

Diets and Dinner.

Story for Table-talkel

He Oyster is an headlesse fish, yet passing toothesome: it is engendred of meere myre, or mudde inclining to corruption: or of the lea froth and spume, which cleaueth vpon thips. It lineth not out of the water, yet breatheth not ayre, nor taketh in any external moysture. It hath not locall motion: and plucked from his proper place is denoyd of lenfe, increasing and decreasing with the Moone. It is vnicasonable and vnhole-

some in all monethes, that have not the letter R. in their name, because it is then venerious. Crab

Dyets dry Dinner. DICIS CITE DITTIET FISD. Cancer. (rab or (ra-fish. Storie for Table-talke. Choile. Her, or fresh water, rather then sea Crab: at the pame THe Crab also wants a head, and therfore bath all the Orel the spring, or in harmest: When the Moone is at the full. Víc. gans of sense placed in his Consoling the confumption, and biting of a mad bog; promoketh b breast. It engendreth at the mouth: rines Menus: purgeth the reynes. goeth as readily backewarde: It nonvilleth berg much. Huet. turneth red in feething. ... The meate is hard of concodi In the Coasts and river bancks on, bredeth groffs and phlegma of Phanicia, there be Crabbes so ticke humours. swift in running, that it is a great Roaff it quicke, anthe imbers: Preparamasterie to ouertake them on tion. eats it with vineger and pepper. Degree. Tolds in the lecond mort in the foote. Milka Season. first. Age. Constitu-Cancer. tion

meates. Milke. If your beattes fedde in the Choile choile palture: 1. Comans, 2. Cowes, 3. Shecpes, 4. Coates. Víc. Wilke increaleth braine, faites the body: good for heaticke, allwageth scaloing heat of the vin: now risheth plentefully: procureth god colour: furthereth Clenus. Hurt. Paught for feners, heataches. fore eyes, distributions of rume, di feafed repnes, obstructions, the teeth, the gummes, olde folkes, Correctio. A litle afcze rou take it, put into it some falt, sugar, oz hony, least it curdle in the Romacke: drinke it falling. Degree. Doyll in the second, temperate, ip hot. Seafon. Fo; hot weather, youth, cholle Age. riffs, and frong formackes. Constitution. Lac.

Dyets dry Dinner.

white-

meates.

LAC.

Story for Table-talke.

Mike confisteth of a threefold substance. The first is whitish, colde, and moys: Nitrous and powerfull to make the belly soluble. The second sat and oyly, of temperate qualitic, of which butter is made. The third is grosse, clammy, and slegmaticke, whereof cheese is made.

Eate no more Milke, then you can well digest: though it seemeth to be soft and easie meat, sit for children and milkesops, yet it is not so. Vie no vilolence after it, nor drinke wine, afore you feele it throughly decosted.

Buter.

Diets drie Dinner. White. meates_ Butter. The newell and lucites, haps, Choile. Cleanleth and mightly fetch NTEW Butter and newe Oyle eth by fleame cloodered about the breaff and lungs, especially proces ding of a colde cause: quicteth the count. Yíc. Ew often vied, makes the flo make lofe and weake: and caulth loathing. Hon. Cate firengthening and affric gent meates bpon it, oz old Sacca. rum Rosatum. Correcti. Hot and moult in the beginning **9**2. of the lecond. Degree, At any time, for olds folkes rap ting of Butter. Scalon. ther then youth : because it much Age. purgeth distillations. Emflitu. tion. BRYTHE,

Dyeis drie Dinnerl.

mater

meates

Butyrum.

Storie for Table-talks.

Nare of like nature and operation. The benefite and vie of falt Butter is very notable. For only that way it may be preserved, neither thereby doeth it lose his proper vertue, to open and enlarge the breast: the older it is the hoster also it waxeth.

The Flemming or Hollander, is thought to flue fo long as hee doth, onely for his excelline ea-Some cate it first, and last. Creame.

N 4

Dyets drie Dinner, Creame. White. meates. TEW: boyled with a loft fire, Choife. lo loone as it is flette of the milke. Víe. As good as butter for the vike les of the breft: pleasant to the talle: curety the Charpencile and browth of the Comacke. Hurz. Slowly concocted : swimmeth abone other meates : of große inyce: easily turnes to sumes. Prepara-We it sparingly, put store of sup tion. gar, and hong into it. Degree. Not and morff in the first. Scalon. Fitter to, youth, chollericke and Agc. frong fromackes, then the old and Constituromaticke. tion. Flas

Dyets drie Dinner. Whitemeates.

Story for Table-talke.

R Ightly so tearmed by the Lartines, for it is the very flower of milke, as also butter is the flower of Creame.

Although it be not altogether fo fat and oyly as butter: yet shal one be glutted and even loathed with it, far sooner then with butter: neither is it so lasting as butter, but changeth in a moment many times, as Dairy maides can better informe you.

Curdes.

White-Dyets drie Dinner. meates. Curdes. Choile. Ade of the most choise more Inuig milke: fire-newe; to, these be most digestable. Vie. Dolc some for hot constitutions, and such as are troubled with the distillations of chollerous humors: quench thirse; and restraine chol ler. Hurt. Annoy colde Comakes and the finowes, make drowlie, flowly di gelted. Colde and day in the first. Degree. Scalon. At any time, for youth, cholie Agc. riks, and such as exercise much. Constitution.

Diets drie Dinner.

Lac coagulatum Re-

white-

Storie for Table-talke.

Platma missed his cushion, where he saith that Curds are hot of temperature: for experience thereof, we may note the vse of them. For let a sound, hot and strong stomacke eate them, and they doe him more good then hart: but if a colde stomacke eate them, they will never be concocted enough.

The reason is plaine: their colde and grosse temprature.

(heefe.

Dyets dry Dinner.

Cheese. Whitemeates. TEWmade: of well tempered Choife. milke, of beattes fed in choice pasture. Víc. Mollifieth: latteth: gratchill to the valate. Hurr. Da often ble of it, bredes ob structions, especially in a weaks fomacke. Correction. Cate it with Auts, Almondes, Peares, and Apples, and muc but when you have neede. Degree. Colde and moyll in the lecond, Scalon. Foz youth, and great exercilers, Age. fozit requireth a firong stomacke. Constitu-MOR. Calens.

Diets dite Dininei.

Caseus.

Storie for Table-talke.

Reene or new cheefe, ne vly made, nourisheth and moysteneth more the salt and olde. That which is neither new nor old but in a meane, best agreeth with the stomacke: especially eaten moderately.

They that have best leysure & love cheese best, I would wish them to write an Apologie in desense of the common distike thereof, why so many love it not.

Pepper.

WILE-

meates.

Dyets drie Dinner. Diets drie Dinner. opice. Pepper. Piper. Choife. Storie for Table-salks. We cornes now: full; not ful of withered winckles. Vic. Oches concotion: recale N India, Pepper is gathered appetite: bzeakes winde: frenge I in October, and dryed in the theneth the flamacke: bery much Sunne: the Cornes strewed in heateth the fine wes, and mulkles: beds of palme-leaues, vntill they provokes brine: walls fleame. be wrinckled. Nurr. Isdarus telleth a mad tale of Hurtful to hot constitutions, es Pepper:that it groweth in cerpecially in hot weather, and hot countries: conformeth lede: immo taine woods on the South side of Correction derately bled burneth the blod. Caucase mount, which woods are full of serpents: therefore the in-Web moverately in colo wear ther and in moult meates: not or habitantes of those partes ser the uermuch beaten. woodes on fire to scarre away the serpentes, and so the Pepper Degree. Hot and day in the third, and al most in the beginning of the comes to be blacke. Cinamen. fourth. Scalon. Hoz colde weather, olde folkes, Ave. runaticke, and such as are subica Collinuio. to diffillations. Piper.

Diets die Dinner. Diets drie Dinner. Cinnamomum. Cinamon. Story for Table-talke: We finelt or thinnelt of an Choife. crquisite sweete smell, buing Vr viually received Cinnatalte, and colour red: new. Víe. Drouokes brine, reliffs per fons: Arengthens the braine, and all the entrailes: comforteth the light: preferues from putrifaction. Hurr. Burtes the collemake, in bots weather and hot coutries: also hot parts of it. constitutions, by inclaming the w ward varts, and blood. Correction. Wied moderately, with coide of meya meates, not beaten over niuch. Degree. Mery hot in the third. Scalon. (eth. In colde weather, for olde, and Age. colde, and weake semakes. Constituti-CINNAINOBIKIB.

mon is not the right and true Spice, but this is passing tare, and scarse: very sittle or none of it is brought to vs.

The vie thereof, is great and manifold to the body, and all the

Onely we must moderate our selues, least ouermuch enflame vs. The more substantial and grosse in quantity it scemeth, the lesse vertue and power it posses-

Clowes.

Spice.

Dyets drie Dinner. Opur: Clowes. Garyophylli. Story for Table-talke. Choise. DLaine, or fmoth, which nint I with the nayle, redo some mor CLowes quasi Glowes, beacquie thorough their vehen Cure : of a most absolute fine fmell: new. Vic. ment and ardent heate, they Strengththe the principal parts cause a glowing in the mouth, of the body: and principally the Thy grow in certaine Ilandes Comacke: Cay flures: and calling of the Orientall Indian sea. And amend Ainking breath. thence wee have them transpor-Hure. Anmog cholleriffs: especially in ted to vs, for their fragrancy and fummer:much put in meates, cause sweete vertue: whereof they an unpleasant and bitter taste m whose breath is tainted, make vethem. Cerredion. Taken moderately, when the ry good vie. For they most excellently re-Comacke is full of Ceame, in color lish the mouth, mend and comweather, and with mora meater, Degree. Hot and dry in the third. mend the breath. Scalon. Ginger. In winter, for olde men, phlege Age. maticke, and such are troubled Constituti-OΩ. with diffillations. Garyo-

Ginger. Choife. Tow: not rotten: of the best smel: subject biteth the tongue most: cut in pieces, turnes not to buff. Víc. Breaketh winde, yet heateth flowlier then pepper: good for celd Comacks: provoketh Auggich bub bandes: wolfeth fleame: Charpes neth the light. Hurr. Enclameth hot constitutions, in hot weather, or in hotte conne tries. Correction. Greene Ginger, condite with hony, warmes olde mens beliges, oz dzy, moderately vseo. tiue. Degree. The greene is hot in the third, moult in the first: the day, dayeth in the fecond. Scalon. In hot weather, for olde, phicg. Agc. maticke, o; troubled with winde. Constitution. Zinziber.

Dyets drie Dinner. Spice.

Zinziber.

Story for Table-talke.

Inger new or greene, is palfing moyst: which may bee gathered, in that it most soone rotteth and corrupteth. Hence also, it heateth slow lier then pepper vnto which notwithstanding in all other qualities it is very like.

It is first fetched from Caleeut, the most famous Indian Mart: where being condite greene with sugar or hony, it is very restora-

O 3 Nati-

Diets drie Dinner. Diets drie Dinner. Spice. Nux Myristica. Nutmegges. Story for Table talke. Choife. TEm not rotten: weightie. Full of jurce and oyle:the CO called in Greeke, for his colonr inclining to red. Vic. Mendeth a Arong breath: tae keth away pimpels: comforteth the fight : Comacke: spleane, and belly: pronoucs prine. Hurt Bindeth: and therefore hurteth such as have the Hansorhoids, are costine, 02 melancholicke. Correction. be understood, of the Nut My-We it filoome, moderately, and with a litle Ginger. Degree. Hot and day, in the ende of les Scalon. conb. Agc. Dog, d oubtlesse. In winter, foz pery olde folkes Constitution. full of fleame. Nex-

Omost sweete and pleasant fauour. As therefore the common Essay, As weake as water, is very badly applied to Aqua fortu: so contrariwise, that other Adage, As sweete, as a Nutte, may most properly and kindely

rieflick, or sweete Nut. Euenas he that faith, he is Dog-sicke, as sicke as a Dog: meaneth a sicke Saffron.

Dyets dry Dinner.
Saffron. Spice. Choife. TEw: well coloured: the tops of it a little white in the very ende:long:tough:not foone bayet; of most fragrant smell: which mov stened, dieth the hand. Víc. Preferreth all the entrals: can leth and colour: wonderfully recreateth the heart: promokes bun, and Menusidyunk, half eneth chile birth: driveth away drunkennelle. Plurt. Stuffeth and paineth the head: makes diotoffe; takes away ap vetite. Correction. Whe it mederately, and in color weather, Degree. Hofte in the fecond, day in the Scalon. Cirlt. Age. Constitu-In winter, for the olde, phicg. maticke, and melanchollicke. Стории.

Dyets drie Dinner. Spice.

Crocus.

Story for Table talke.

Saffron (as it groweth in the ground) much resembleth the Onyon, as Aristotle noteths but they differ, in that the Saffro head is continuous and solid, not divided into tunicles or skinnes, as the Onyonis, neither yeeldeth seed as doth the Onyon. But the Sementiue vertue of Saffron, resteth in the head or route.

It is so good a preparative, that Pliny saith, he that drinks Saffron in some liquor, shall neither surfet aor be drunke.

Sugar.

Spice.

Dyets dry Dinner.

Saffron.

Choile.

New: well coloured: the tops of it a little white in the very ende:long:tough:not some brayed: of most fragrant smell: which most sened, dieth she hand.

Víc.

Preferreth all the entrals: causeth god colour: wonderfully recreateth the heart: provokes bun, and Menus:drunk, hadeneth child

Mart.

birth: driveth away drunkennelle. Stuffeth and paineth the head:

makes drowlle; takes away appetite.

Correction.

Use it moderately, and in colde weather.

Degree, Season.

Age.

Constitu-

Hofte in the lecond, by in the lirl.

In winter, for the olde, phlcgmaticke, and melanchollicke.

Стории.

Dyets drie Dinner. Spice.

Crocus.

Story for Table talke.

Saffron (as it groweth in the ground) much resembleth the Onyon, as Aristotle noteths but they differ, in that the Sassio head is continuous and solid, not divided into tunicles or skinnes, as the Onyonis, neither yeeldeth seed as doth the Onyon. But the Sementiue vertue of Sassion, resteth in the head or route.

It is so good a preparative, that Pliny faith, he that drinks Saffron in some liquor, shall neither surfet nor be drunke.

Sugar.

Spice. Dyers drie Dinner. Sugar. Choile. Andio: heavie: solive: haro: Inot going some to powder. Víc. It keepes the bodie cleans and neate: holesome for the reines: nouriffeth moze then honny: clenfeth the breaft. Hurr. Cauleth thirst: some turnes to choller: naught for bot constitution ong. Correction. Cate it with Pome-Granates and lower Dzenges. Degree. Dot and mort in the first, or as some thinke, possessing an equal temperature of all qualities. Scalon. In winter, foz old, cold, and luch Agc. as be troubled with distillations. Conflitu-SACCAtion.

Diets drie Dinner. Sauce.

Saccarum.

Story for Table-talke.

SVgar by some writers is tearmed Cane or Reede-Honny: because it is excected foorth a Cane or Reede.

No kind of meat refuseth Sugar for his condiment, but only the inwards of beasts, as tripes: which if you condite with it, they grow most vnsauourly. If I were not very reuerently sparing of your reuerent modestie, especially at the table, I wold tell you it makes them smell and stincke like newe Oxe-dung.

Honny.

Spice. Diets drie Dinner. Homy.Choise Dare : cleare : most splendent: I whitest: curdled and thicke. Víc. It heateth the Comack:ther, foze holesome soz old folkes: dispofeth to the stole: relifieth putrifaction: makes god blod. Hurt. Wlozu for hot Comackes, enflaming the blod, and through his ac crimony, increaseth choller. Cate it with fruit, lower meats: Cerrection. 02 with Saccarum Rosatum. Degree. Hot and drie in the second. Scafon. In winter, fozold, cold, and rew Agc. maticke. Comtituti-Mel on.

Diets drie Dinner.

Mel.

Storie for Table-tike.

LI Honny is made of Dewe.

Afor out of flowers the Bees gather that of which they make their Combes: of the gum which droppeth from trees, they make Waxe: of Dewe they make Honny. So that Dewe is congealed togither or crassified, either by living creatures, and is made Honny: or of it owne accord, which also is Honny, vsually tearmed Dry Manna: or is not thickned at all, which they call liquid Manna: Whereof there is great store about Hormus, a Cittie in Arabia Felix.

Salt.

Spice.

lericke.

Conflitu-

tion.

Sal.

Storie for Table-talke.

THEIS WITCE PHINCE.

letter to the latin name:
which takes his original
as Salt it selfe doth, a Sole, Salo,
of Solo. For the Sunne naturally
oft times makes Salt, of the fome
which the sea wates leave upon
the shore. Howbeit, art is a much
perfecter Salt-maker.

There is Salt of diverse colours. In Egypt it is red: in Siciha purple: in Pathmos, it is most bright and splendent. In Cappadocia, it is of a Saffron colour. The Divel loves no Salt with his meat saith Bodinus.

SAL.

Tineger.

Diets drie Dinner. Sauce. Vineger. Choila ${f M}$ Ade of the bell wine, a years old : bettered by putting Ro. les in it. Víc. West temperateth choller:quen theth thirst: closeth and Arengther neth weake gummes: breakes fleame: holesome in time of Destilence. Hurt, Taken falting hurts the linews, old, leane, and melancholicke folks: gnaweth the Comack and entrals: bad for the discases of the belly. Correctio. Allay it with a good deale of was ter, or take it with Kailons of the Sunne. Degree. Colo in the first, moyst in the les cond. Scalon. For hot weather, youth, cholles Age. rifts. Conflicu-

tion.

Acetum.

Acetum.

Story for Table-talke.

THere be foure principall co-tingates to Wine. I. To be kept vncorrupt: 2. To be kept sweete: 3. Being corrupt, to be restored: A. To be chaunged into Vineger. This last is effected many wayes: most of which are commonly knowne. The reafon and effect of them all, is only this: to be reaue wine of his proper farnesse. Whence it followeth, that wineger nourisheth nothing at all: & that it best quencheth fire: for it is vetterly voyd of that same Pingue Humidum, and by his exceeding Acrimony and varenelle, eateth and consumeth.

Musiard.

Mustard. Choile. Hich taken, pearceth the braine and proucketh næling. Víe. Dood lauce for lundric meafes, both fieth and fifth: belides medu cinable to purge the braine. Hurt. Pot lo goo fo; the light, hotte folkes, or in hot weather. Degree. Puch hotter then salt, there. foze called in Latine Mustarda (quafi)Mustum ardens:3n Enge Uch Huckard: that is, much tart. mc. In colde weather, for old, colde, Scalon. and rumaticke. Age. Conflien-Surapi. Cion.

Diets drie Dinner.

Sinuti.

Storie for Table-talke-

Dain highly commendeth the I hearb that yeeldeth this condiment. But (Linh he) the feed is (as it were a Compendents of the hearbe. And that, fine ville disfrends viriners. Yea the feed is all vigour; and though least in quantirie, yet most in power and ver-

It is the most perfect Embleme of Ex minimis mitys, Omnia ex nibilo, that is, creation: to see of litle or nothing, what a most ample and large Hearbeariseth.

Greens-

Diets drie Dinner. Sauce. Mustard. Sinapi. Choic. Hich taken, pearceth the Storie for Table-talke. braine and proucketh nœling. We DLiny highly commendeth the Dob lauce fo; lundrie meales, I hearb that yeeldeth this conboth flesh and filly: belides medu diment. But (faith he) the seed cinable to purge the braine. is (as it were) a Compendium of Hure, Pot lo gwo fo; the fight, hotte the hearbe. And that, fine vilo difolkes, oz in hot weather. spendio virtutis. Yea the seed is all Degree Much hotter then salt, there. vigour; and though least in quanfoze called in Latine Mustarda titie, yet most in power and ver-(quafi) Mustum ardens: 3n Eng. Uch Huckard: that is, much tart. tuc. It is the most perfect Embleme In colde weather, for old, colde, of Ex minimis initigs, Omnia ex ni-Scalon. and rumaticke. Age. bilo, that is, creation: to fee of li-Conflien-Sinapi. tle or nothing, what a most ample tion. and large Hearbeariseth. Greent-

Sauce. Dyets dry Dinner. Greene Sauce Made of sweete hearbes, as Abetony, Wint, Valid: also Choife. Role vineger, a Clowe of stoo, and a little Garlicks. Vic. Caten with fleth (as mustard) erciteth appetite: commendeth meates to the Palate: helpes con coaion: breaketh fleame in the flomack. Hurr. Paught for Feuers and hotte Comacks, especially eaten largely. Mingle it with the iupce of Sower Djanges, and eate very good meates openit. According to the temperature of Degree. the herbs it is made of, now moze, now lesse hot. In hot weather, for any, especi-Season. Age. Conflitutió. ally for youth.

Diets drie Dinner. Sauce,

Condimentum

Story for Table-talke.

His kinde of Sauce, I neuer tasted my selfe: yet am
bold to communicate and
commend it to my friendes, as I
finde it described by the Italian
Freitagio. The Italian (as all the
world knowes) is most exquisite
in the composition of all fortes of
Condiments, they being indeede
the better part of his Diet. All
kinde of Greene sauce, is questionlesse best in season, while herbs
retaine their full strength and
persect vigour.

Û

the wanton, and excelline vie of Tabacco.

T chaunc'd me gazing at the Theater, I To fie a Lock-Tabacco-Chevaller, Clowding the loathing ayr with foggie fume Of Dock-Tabacco, friendly foe to rume. I wish the Roman lawes senerity: Alex Seu Edic. Who smoke felleth, with smoke be done do Being well nigh smouldred with this smokiesty, I gan this wize bespeak my gallant Sir: Certes, me thinketh (Sir.) it ill beseems, Thus here to papour out these reeking steams: Like or to Maroes steeds, whose nosthrils fluma Or Plinies Nofemen (mouthles men) surnam'd, Whose breathing nose supply'd Mouths absency. He me regreets with this prophane reply: Nay; I resemble (Sir) Tehonah dread, From out whose nofthrile a smoake fued:

Or the mid-arrs tongealed region,
Whose stomach with crude humors frozenon
Sucks up Tubacco-like the upmost ayr,

And

Enkindled by Fires neighbour candle fayr:

Andhence it spits out watry reums amaine. As phleamy snow, and baile, and sheerer raine: Anon it smoakes beneath, it slames anon.

Sooth then, quoth I, it's safest me be gon, Lest there arise some Ignis Fatuus

From out this (moaking flame, and choken us. On English foole: wanton Italianly; Go Frenchly: Duchly drink; breath Indianly.



Choife.

T Kanslated out of India in the feed of roote; Patice of fature in our own fruitfullest soites: Dried in the shade, and compiled

bery close: of a tawny colour, somewhat inclining to red: most perspections and cleare: which the Post somest taketh in snuffe.

Víc.

It curefy any griefe, volour, opilation, impossume, oz obstruction, proceeding of cold oz winde; especially in the head oz breast: the leanes are god against the Wigram, cold stomackes, sick kidnies, toth ache, sits of the mother, naughty breath, scaldings oz burnings: 4. ounces of the inyce drink, purgeth by and downe: cleanseth the eyes, being outwardly applied. The water distilled and taken asoze the sits, cureth an Aque.

Diets drie Dinner. Tabacco

Tabacus Pilciet.

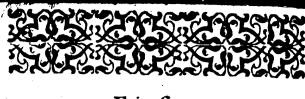
Storie for Table-talke.

This Hearbe is of great antiquitie & high respect among the Indians, and especially those of America or new Spain. Of who the Spaniards tooke it, after they had subdued those Countries fail upon a liking of the hearbe verifiaire and glorious to the eye; afterward upon triall of his vertues worthie admiration.

The Name in India is Pilciet, furnamed Tabacco by the Spaniards, of the lle Tabacco. By their meanes it spred farre and neare: but yet wee are not beholden to their tradition. Our English I lifes, renomed Syr Walter Rawleigh, a man admirably excellent in Nauigation, of Natures priny couniell, and infinitely read

The

Dyets dry Dinner. Diets drie Dinner. Tabacco readein the wide booke of the worlde, hath The fume taken in a Pipe, is goo both farre setcht it, and deare bought it: the against Rumes, Catarrhs, hoarles estimate of the treasure I leave to other: yet this nesse, ache in the head, stomacke, all know, since it came in request, there hash lungs, breaft: also in want of meat, bene Magnus fumi questus, and Fumi-vendulus is dinke, flæpe, 02 reff. Hun. the best Epithite for an Apothecary. Mostificth and benummeth:can Thus much late Histories tell ys: among the leth deswancile: troubleth & dul-Indiansit is so highly honoured, that when the leth the lences: makes (as it were) Priests are consulting in matter of importances dzunke: dangerous in meale time. Correcti. they present'y cast Tabacco into the fire, and re-The leaves be-alhed o; warmed ceine at their note & mouth, the smoak through OΩ. in imbers and affes : taken once a a Cane, till they fall downe dead drunke. Af day at most, in & morning, fasting. terward reuluing againe, they give anliveres ad Degree. Wot and day in the second: of a cording to the phantalines and vilions, which fliffening and foddering nature, appeared to them in their fleepe. Allo vilenling and dissolving filthy humours, confisting of contrary FINIS. qualities. Season. In Winter and the Spring, for Alc. hot, Arong, youthful and fat bodies Conflig. only, as some thinks. Tabacco.



Epiposion.

Grace after Diets dry Dinner, wherein Diets Drinking is promised.

Ow that your barking stomackes mouth is som,
And hungers rage apppeas'd with choycer fare,
And mur muring bowels be to silence put,
Now that the boordes with voyder purged are t
Both thank you God, and thanke Simpostarch's pain,
That for your thankes, he may thanke you agains.
For if you hunger yet, or if you shing

For if you hunger yet, or if you thirst.

Both which (I weet) may Diets Drinesse make,

A second course may hap to swage the first,

And Diets Drinking shall the latter slake:

Accept meane while, these Cates of D. D. D.

Drest by Arts Cookery in C. C. C.

Proficiat. Proface. Myschgooddischye.

Io.a: VVeeueri Epicrisis ad Henricum Butsum.

DIET'S dry Diner? change thy Dinners name,
For (wittie Buttes) thou doest thy Dinner wro,
fifth, fruite, flesh, and white-meat doest thou fra
dyet with Tabacco leaves among:
nd can'ft thou say thy Dinner then is dry
then both of Spices and of Sauces store

nd of Tabaccos moysture fresh supply
hy Dinner is replenish't evermore?
With salt of wit so sweet thy Dinner seasond,
ind relisht with the sharpenesse of thine Art:
he Historie of this thy Dyet reasond.
he table furnisht rich in every part.
Change, change, thy name: Hee no reason why
Buttes; thous shouldest call thy Dyets Dinner dry.



